

air outside the Oak Ridge plant is safe too.... The new atomic plants now abuilding will be safeguarded carefully. The pile at Brookhaven National Laboratory, Long Island, sixty-five miles east of Manhattan, will operate only when there is enough wind to dilute its radioactive cooling gases below the danger point.... The 'hot' uranium slugs from Brookhaven's pile will be put underground to keep them from making trouble."

"But the time is coming," warned the Atomic Energy Commission, "as reported in *Time* magazine, 'when radio-active substances will be common outside such guarded centres. More and more laboratories are using radioisotopes, and the atomic power plants of the future will necessarily contain vast quantities of radioactive material. It will be the duty of health authorities to see that none of the stuff damages the public.'

"To deal with the wave of future radiation, sanitary engineers should have Geiger counters and know how to use them. They will have to watch carefully all producers and users of radio-active material. They will have to make plumbers wear rubber gloves when cleaning 'active' drain traps. They must test rivers, water supplies, and sewers to make sure that no radio-activity has slipped in."

Such are some of the prospects ahead of us in this atomic age, and they may be worse than even this warning suggests. According to David Bradley in *No Place to Hide*, whose job it was to help guard the Bikini task force against radioactivity, "Dangerous materials may remain which are not detectable on the ordinary Geiger counter. As the tell-tale radiation decays away, our sense of security therefrom may be entirely false.... Findings with our Alpha counter...consistently show that there is a small amount of plutonium spread atom-thin over most of the contaminated areas."

"The derelict fleet may go on indefinitely, being pumped out as indicated, or towed away to sink. But the radio-activity over their decks and super-structures has settled down to the substances which may continue to be radio-active for hundreds and thousands of years—eternity, for all practical purposes."

And what if war should come again, as now seems inevitable? What if a dozen, maybe a hundred, atomic bombs should be exploded over great centres of population?

THE FIFTH MOST IMPORTANT OF ALL

Truly we need to become familiar with the fourth "R." With such dire possibilities ahead we cannot learn too much concerning radio-activity. Yet there is a fifth "R" that is even more important still. And that is repentance. "Repentance toward God, and faith toward our Lord Jesus Christ," as the apostle Paul put it. (Acts 20:2.) Living in such perilous times—amid events that so clearly betoken the imminent end of the world—nothing is more imperative than that we should think anew of our responsibilities toward our Maker.

"Therefore also now, saith the Lord, turn ye even to Me with all your heart, and with fasting, and with weeping, and with mourning: and rend your heart, and not your garments, and turn unto the Lord your God: for He is gracious and merciful, slow to anger, and of great kindness, and repenteeth Him of the evil." Joel 2:12, 13.

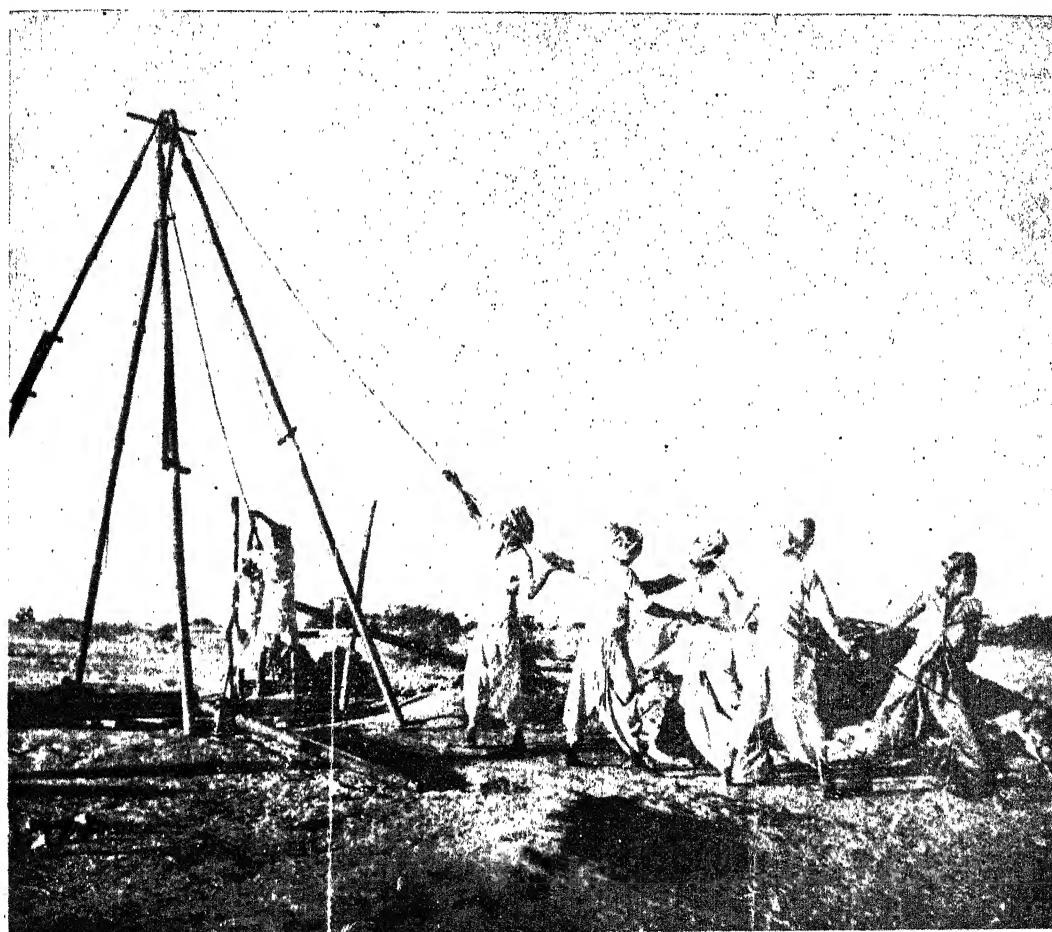
This is the call of God to all our hearts in this midnight hour of human history. It is a call to repentance, reformation, and reconsecration. It is a call to prepare ourselves to meet Him face to face in the day of judgment, so near at hand. May we hear and heed it now before the opportunity has passed for ever.



God longs to have us turn from the world and come unto Him in repentance.
He will abundantly pardon.

The Oriental Watchman and Herald of **HEALTH**

A MAGAZINE FOR HEALTH HOME AND HAPPINESS



Heave-ho!

C. B. Patel



B.I.S.

LEARNING TO WALK AGAIN. The helpless baby who cannot walk is always the centre of admiration and love. Its every need is provided for, loving hands guide its first faltering steps. But when the baby gets to the other end of life, the love, care, and attention which is so often its need, is not always forthcoming. The old folk, the chronic sufferers, the worn-out, the "hopeless" have always been a problem. Many of them have outlived their relations and are living out their last years in sad loneliness. At St. Francis Hospital, London, where this picture was taken, there is a strong belief that, given the right sort of treatment and encouragement, many old folk can be rehabilitated and restored to health to enjoy more years of useful life. The old people learn how to walk again with the aid of sticks, walking chairs, scaling-steps and light weight staffs.



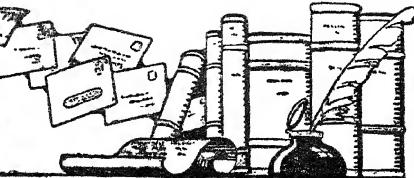
B.I.S.



B.I.S.

OCCUPATIONAL THERAPY. The occupational therapy department finds pleasant tasks for old hands. Making leather goods, rugs, and weaving all help toward recovery.

EDITORIAL



FRAUDULENT ADVERTISING

CERTAIN newspapers are reaping huge revenue from fraudulent advertising, but the advertisers evidently reap much more. Quarter page, half page, and even full page advertisements blatantly making the most absurd and preposterous claims, and asserting vile lies, testify to the income of unscrupulous robbers of the reading public whose desire for easy gain of one kind or another makes separation from their money easy. It is a sad commentary on the naive gullibility of the majority of mankind. The quest for short cuts to health, prosperity and gratification of desire creates victims of fraud.

Fraudulent advertisements may be roughly classified into four groups: (1) Those that promise success, good luck, and the achievement of desire without effort on the part of the prospective victim. (2) Those that promise huge financial profits from investments in shares, stocks, bonds, and inventions of various kinds. (3) Those that appeal to women's desire for physical charm and beauty and (4) Those that guarantee to cure disease by the swallowing of some concoction or treatment by some mechanical contraption. By such advertisements untold wealth is diverted from a gullible public to the bulging coffers of unworthy advertisers.

We assert unequivocally that no hocus-pocus, talisman, amulet, or charm of any kind possesses power to influence the bad or good fortune of anyone. The advertisers promise that these trifling baubles will attract sound health, great wealth, amazing knowledge, success in examinations and business, victory over enemies, and almost anything that one can wish for merely by paying the advertised price and wearing the rubbish somewhere about one's person, or keeping it about the premises. And the more one pays, the greater the efficacy of the trinket. There is nothing that is so amazing as the absolutely conscienceless dis-

honesty of the advertisers, except the childish gullibility that pays for such nonsense. Man's health, success, friendships, and happiness, are not controlled by a fragment of some material but by the use he makes of his intelligence and the mental and physical abilities he possesses.

It has been said by one wise commentator on the weaknesses of mankind that the love of money is the root of all evil; and certainly no one can doubt that it is the root of the abominable lies and dishonesty of advertisers who lure victims into their frauds. The love of money, or easy gain, even by dishonesty, is also the root cause of the pitiful response to fraudulent advertisements. Brokers advertise for the sale of shares in mines and oil fields which are worthless or which even do not exist at all, promising rich gains within a short time; and the readers of such advertisements equally eager for rich gain, though not necessarily dishonest, are fleeced of their scanty means. Fantastic and useless inventions are claimed to be fortune makers, the inventor out of the largeness of his heart offering the public a share in his good fortune (instead of keeping it himself) for a trifling price which will be found to rise terrifically in just a short time. Many kinds of similar advertisements may be seen almost daily in the newspapers. None are benefited by these schemes except the promoters, but many are reduced to poverty by investing in them.

High in the ranks of advertising frauds is beauty assurance for the ladies. Taking advantage of woman's natural and perfectly proper desire to be pretty and attractive, the most worthless and even harmful concoctions are offered with ridiculous and preposterous claims regarding their merits. As we write these words there lie before us copies of quarter page and half page advertisements of one such quack medicine, the distributors

of which have given themselves a name as nearly similar to that of one of the world's best known and most reliable chemical and medicine firms as they dare make it, as an aid to deception. We do not know of what this deceptive mixture is made, but we do know that the claims made for it by its advertisers are pure lies. Here are some of the claims made for "Autogem." It will increase energy and vitality within twenty-four hours. The roses return to your cheeks, and even though you are a grandmother you will look and feel like a young school girl. This dope puts the sparkle in your eyes, makes your grey hair turn black permanently, guarantees the never-fading physical charms of youth in colour and figure, and you will always feel like skipping and jumping like young kids on the green grass. Whether you be male or female you will within a day look fifteen or twenty years younger than your actual age and if you are too short you can increase your height up to four inches. Now ladies, note the really touching spirit and philanthropy of the manufacturers of "Autogem," who with amazing generosity are willing to impoverish themselves by offering you a magnificent supply of this wonder-working benefit for only Rs. 5. But give your order for it at once, for charity has its limits, and soon these marvellous benefactors of mankind may have to demand the real price of Rs. 30.

Another advertisement offers you just exactly the right kind of figure within a few days or weeks. If your proportions are not classical you are urged to invest your money in "Figurform." If you are flat chested take No. 1. "It develops and uplifts an undeveloped figure to perfection." But perhaps you are developed in the wrong way. Then take Figurform No. 2. "It transforms an awkward figure to a beautiful one in ten days!" It may be that your bust is

over developed. Take Figurform No. 3, and presto! your figure is reduced "to just the right proportions." And wonder of wonders! Figurform No. 4 almost instantly changes the appearance of age to one of youth. Just send a few rupees to get the estimable benefits of this great boon to mankind.

The advertisers of these nostrums are liars and deceivers, and the nostrums will not do what is claimed for them.

Taking advantage of the suffering that plagues the world because of disease, ills, and pains, quack doctors and manufacturers offer marvellous physical transformations in return for rupees. "Autogem" is marvellous for indigestion. It creates such an appetite that "even a weak man can easily digest one pound of butter or more a day." Isn't that marvellous? Other fraudulent advertisements promise to make you "strong as a lion" in a few days, cure your nervousness, make hair grow on your bald head, cure your kidney trouble or even your tuberculosis and cancer, make you tall, reduce your weight, increase your weight, change the colour of your skin. Some of these so-called miraculous medicines and remedies are harmless and produce no effects, while others are rank poisons that cause irreparable damage.

Certain members of government, by their speeches in legislative assemblies and in other gatherings, and through the press, express much concern for the welfare of the people but seem to be oblivious to the fact that the much advertised medical frauds are for the people one of its worst enemies. Less talk and more action in stamping out this evil would be a material benefit to the poor who are victimized by unscrupulous advertisers. Publishers also should refuse to accept the filthy lucre that is to be derived from fraudulent advertising, and thus do their part in protecting their readers from one of the curses that plague the people.

Beauty of face and figure cannot be possessed without sound health. Sound health is not obtained nor is disease cured by the nostrums, medicines, and remedies advertised. Good living conditions, good food, fresh air, and exercise are the ingredients of the true elixir of life. Let our readers beware of the advertised medical frauds and keep their shekels in their own purses:



Geiger Counter

A ONE-POUND Geiger counter for uranium prospecting has been developed by the Canadian National Research Council.

Wax-Seel

WAX-SEEL is a new kind of paper, heavily waxed on one side and adhesive coated on the other. It saves dishes and puts an end to rubber bands. Sealed to itself, for it will not stick to anything else, the paper makes air- and odour-tight coverings for sandwiches and all kinds of leftovers.

Teheran Vault

THE Iranian Government has at last unlocked the great doors of the vault in Teheran, which contains its state treasure, and has allowed nineteen visitors from America to have a look. "We filed into the steel room," says one of them. "At what we saw, there were some of us who cried out in wonder; some were speechless. Here was wealth such as Aladdin never conjured, no prince of *The Arabian Nights* ever dreamed of. Glass cases lined the four walls of the vault; two rows of glass-topped tables ran down the centre. There lay jewels and treasure said by some to reach a value of Rs. 1,900,000,000. No man can give an accurate figure."

War Veterans

MORE than 94,000 veterans of World War II have been fully trained to earn their livelihood, according to the Veterans Administration of the Federal Government of the United States. On last May 1, there were 218,957 veterans in training; half of them in schools and colleges.

Life Span

A CAT, full grown at one and a half years, has a life expectancy of ten years; a dog, grown at two years,

an expectancy of twelve years; and a horse, grown at four years an expectancy of twenty-five years. But man, physically mature at twenty-five, has under present medical protection, a probable life span of only sixty-eight years.

A New Word

RUSSIAN Foreign Minister Molotov coined a word during his sessions with the British and American diplomats. He had observed that they often indicated approval by nodding and saying, "Okay." He, therefore, indicated disapproval by shaking his head and saying, "Nokay."

Corinth Canal

THE Corinth Canal, one of Europe's oldest and most vital artificial waterways, is now back in business, and will save Greek shippers at least Rs. 700,000 a month. This canal, whose four-mile channel makes the great Peloponnesian Peninsula an island and cuts haulage from Italy to Athens by 200 miles, had been closed since 1941, when Nazi engineers sank two ships in its 70-foot channel. It took seven years of back-breaking labour by the Greeks, plus technical and financial aid from the United States and Great Britain, to open it again.

World's Shortest Railroad

THE world's shortest railroad, that which connects the Senate Office Building in Washington, D. C., with the Senate wing of the capitol, will soon be doubled in length, but without losing claim to the title. For thirty-six years this railroad, consisting of two single-rail, eighteen-passenger cars powered from overhead trolleys, has shuttled through a 700-foot subway. The rapid transit system was designed to speed laggard Senators to their duties without loss of dignity or breath. On an average day the cars make more than 200 trips (thirty seconds each way) and haul some 2,000 passengers. Now an annex is to be built to the Senate

office building across the street from the present offices. This means a 700-foot extension of the underground for the Senators. Meanwhile the 435 members of the House of Representatives continue to walk.

Trichinosis

TRICHINOSIS, which people in temperate and tropical climates get mainly through eating undercooked, diseased pork, has been detected in several cases among the Eskimos of Greenland. They apparently picked up the parasites by eating walrus meat.

Diamonds

VENEZUELAN diamond mines near Santa Elena are being mechanized to speed up their output.

Turkey's Telephone Lines

TURKEY is laying more than 9,000 miles of long-distance telephone lines. Nearly 1,300 miles of line, begun last year, will be in operation before 1950.

Rhinoceros

ASSAM is considering measures which will protect the rhinoceroses which seem to be rapidly becoming extinct in that particular area. It is estimated that only about 100 of the animals are left there.

Transported Stone by Stone

AN elaborate, ornate, Italian-style villa, originally built at a cost of Rs. 190,000 at Ryde, on the Isle of Wight, has been transported stone by stone by rail and water from its present location to a new site near Truro, Cornwall, on the English mainland—a distance of 210 miles. Each stone was carefully marked with a code number so that there was no deviation in the rebuilding when the sections arrived at their destination.

Giant Mirror for Britain

A GIANT ninety-eight-inch glass mirror for the largest telescope in the world outside of the United States has been presented to Britain's Royal Greenwich Observatory by the McGregor Fund of the University of Michigan. The Isaac Newton telescope, which will use the mirror, will be located at Hurstmonceux, Eng-

land, to which place the Royal Greenwich Observatory is in the process of moving from its traditional home in Greenwich.

Expenditure on Arms

ACCORDING to a report in *Al Ahram*, most respected of Egyptian newspapers, Egypt will spend Rs. 370,000,000 in the next three years to equip an armed force to which 400 aeroplanes will be attached. The plan is said to be the outgrowth of experience in the Palestine war.

World Population

THE total population of the world was approximately 2,320,000,000 in 1947, the latest year for which figures for the entire world are available, according to the Statistical Office of the United States.

A New Fibre

A NEW crop which "promises to be of unusual value, both commercially and strategically," has been introduced successfully into the West-

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ern Hemisphere. It is a fast-growing fibre called *kenaf*, native to India, a distant cousin of cotton and okra, and "an effective substitute" for India's jute fibre.

Deadly Poison for Polio Treatment

A DEADLY poison used for centuries by wild tribes to liquidate their enemies is now providing relief to polio victims.

British scientists have turned this poison into a life-saving drug which is now used widely in the treatment of diseases causing convulsions and rigid paralysis. An aid to surgery, the use of this drug causes a relaxation of muscles, enabling the surgeon to work more quickly during an operation. While much less anaesthetic is required, the patient makes a more speedy recovery.

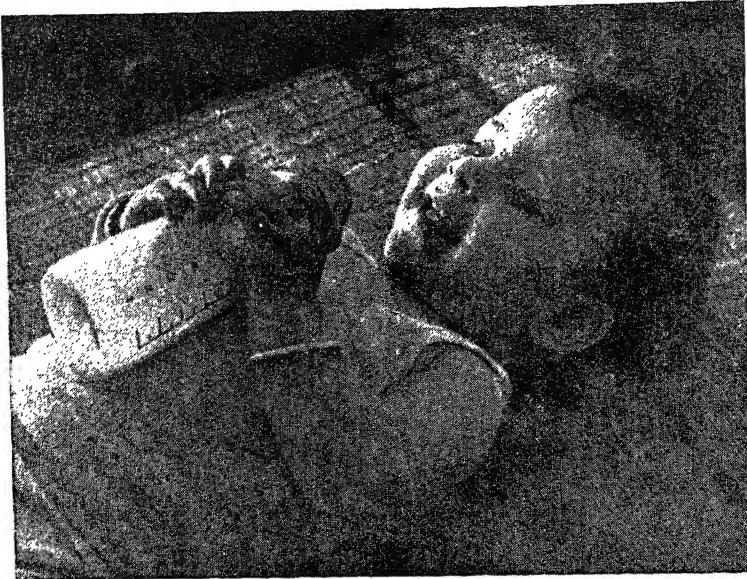
Regarded as one of the outstanding discoveries of recent years, the drug is being displayed by an Edinburgh firm at the Scottish Industries Exhibition now being held in Glasgow. This firm has had a long association with developments in anaesthesia and helped Sir James Y. Simpson in his pioneer work on chloroform.

Important Advance in Treatment of Thyroid Diseases

A NEW and commercially applicable synthesis of thyroid hormone has been discovered by a well-known British pharmaceutical firm. The medical profession can now, for the first time, prescribe the exact doses of the hormone (pure laevethyroxine).

The new development, which is the culmination of three years' intensive research by the firm's chemists, represents an important advance in the therapy of thyroid diseases. It may, indeed, have as much effect in producing an accurate treatment of this condition as the discovery of vitamins had on dietary deficiency diseases.

Thyroxine was isolated in crystalline form as long ago as 1915. In 1926, Sir Charles Harington determined its chemical structure and published a method of synthesis. Unfortunately the results were not adaptable to large-scale production and the problem has remained until now.



THE BOTTLE-FED BABY

ROSE E. POLLARD

WHILE breast-food is second to none for baby, at the same time there is no need for the mother who has to bottle-feed her baby to have any fears that the little one will not thrive. Artificial food is virtually perfect today, and is as near as possible to nature's food; it only remains for mother to carry out carefully the instructions regarding the amounts for each feed, and to observe scrupulous cleanliness.

Bottles and teats should be regularly sterilized, and, at this time of the year especially, everything connected with baby's feeds should be well protected from flies. Don't experiment with baby's food. Once you find a food that suits him, keep to it, increasing the amount as he grows.

Add cod-liver oil to the bottle, a few drops for each feed, so that baby has half a teaspoonful of cod-liver oil a day. Give baby orange juice between feeds, one to two teaspoonfuls each day, diluted with water; three or four teaspoonfuls each day by the time he is six months old.

Be careful not to give baby his food too warm; if he finds it too hot, even once, he may go "off his food." The milk mixture should be just warm; you can test it by shaking a few drops from the bottle onto your arm.

How do you hold baby when you give him the bottle? It is important that he should feel secure, with your arm protecting his back and head. Half-way through the feed, hold him up to your shoulder to bring up any

flatulence. Do this also at the end of the feed; he is likely to be wakeful from "wind" if you put him flat down immediately after a bottle feed. Never let baby suck at an empty bottle, otherwise he is merely sucking in air, and will suffer from flatulence as a result. This is why it is never wise to leave him with his bottle as is sometimes done when he is old enough to hold it.

If you find baby is a lazy suckler and will not take his food, thus causing it to cool off, try a teat with a smaller hole which will make him work harder. Let feeding times be restful times, without interruptions, so that nobody speaks or talks to baby while he is getting on with the job of taking his bottle.

As weaning time approaches, try to get baby accustomed to cup and spoon. It is a good idea to start the diluted orange juice from cup and spoon right at the beginning, so that baby gets used to the feel of the spoon. Once he is weaned, he will still need his milk mixture, but it will be much easier for you if he can take it from a cup. The longer you keep baby on a bottle after he is weaned, the harder it will be to break him from it. Some mothers find that a feeding-cup—the kind that is used for invalids—is a good stepping-stone from the bottle to drinking from an ordinary cup.

There are varied opinions as to when the bottle-fed baby can start mixed feeding. Some advocate early weaning at about four months, but not all babies are ready at this age. Six or seven months is a fairly average age when the bottle-fed baby can go onto elementary solids.

Try to leave off the night feed (10 p.m.) as early in baby's life as you can, so that he gets the habit of an all-night sleep. See that he is well satisfied at his 6 p.m. feed, and then if he wakes in the night before his dawn feed is due, give him a teaspoonful of water that has been boiled and cooled, to allay his thirst.

If you are travelling with baby, and the journey will mean a bottle-feed or two on the way, use a vacuum flask. This will keep his milk mixture warm so that you only have to pour it into his bottle—well sterilized beforehand—during the journey. While on holiday keep to baby's normal feeding times, and if he is a little upset by the change of water, a little milk of magnesia will right things.

SOME food faddists have advised the prolonged chewing of food for health. While advising that food should be chewed thoroughly we prescribe a middle-of-the-road course.

In the case of cereals the incorporation of dry food is advised in place of porridge. The reasoning for this is clear. First, dry food excites a much greater flow of saliva than does liquid or soft food. Second, the taking of much soft food makes the digestive process much less efficient. Normally, solid food is mixed with saliva in the mouth and enters the stomach to form a bolus or ball. As more food enters the stomach, it is deposited in the centre of the mass. For some time the acid gastric juice comes in contact with only the exterior of this bolus of food, so that the alkaline saliva is permitted to act for thirty or forty minutes. Saliva was formerly thought to have little digestive function, yet it is now considered to have definite value in starch digestion. If the swallowed food is too fine or liquid, it will not form a bolus, but is at once mixed with gastric juice, neutralizing the alkaline saliva and stopping its function.

As the food enters the stomach and stretches the walls, the muscle is stimulated to contract and carry the food to the pylorus, or lower end. Usually there are some coarse particles present in the food which will irritate the pyloric mucosa (the lining of the lower end of the stomach) and cause it (the pylorus) to contract, thus closing the exit. The food is held in the stomach and churned with the digestive juice secreted until it becomes smooth and liquid. As soon as it becomes smooth enough not to scratch the pyloric mucosa, it is carried out of the stomach into the small intestine. However, if the food has been chewed or cooked very fine, it will be carried out of the stomach at once, and gastric digestion will not have a chance to occur. This chemical digestion by the gastric juice is quite important.

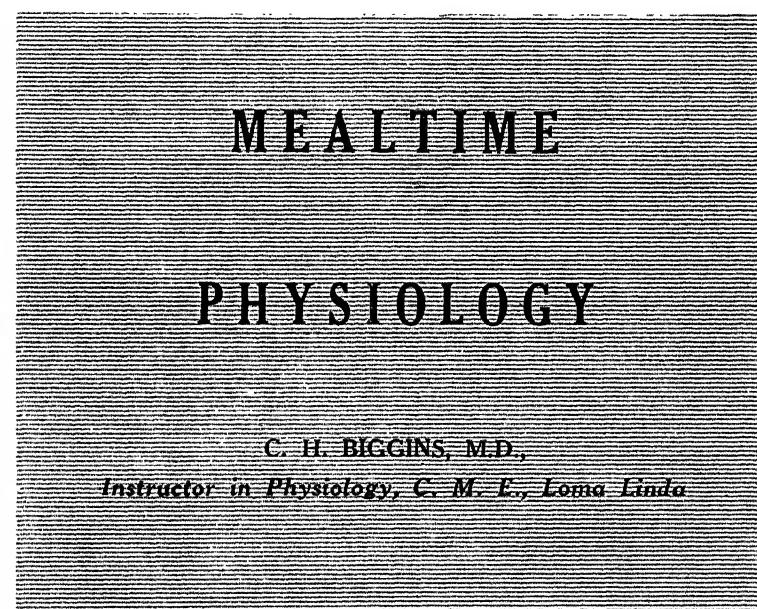
When studying digestion with dogs, the Russian physiologist Pavlov showed that the amount of saliva produced by a dog was in direct proportion to how well the dog liked the food. Thus, whereas most dogs produced more saliva with meat, one dog that preferred bread to meat, always produced more saliva when given bread than when given meat. Later studies indicate that the same

is true for stomach secretion. Carlson in applying these studies to a man with an opening from the stomach to the outside of the body (gastric fistula), has proved that man secretes more digestive juice when fed favourite, tasty foods. Because digestion is in proportion to the amount of digestive juice secreted, palatable food will be more completely digested and utilized than tasteless food, although it may have the same nutritive value.

The need for a pleasant, attractive environment while eating has been shown in demonstrating that emotional stress will inhibit the function of the digestive tract. A low-grade annoyance (such as a nagging wife) will usually, on the other hand, over-stimulate the digestive tract, causing

tion of hydrochloric acid there. This might be an undesirable action if too much acid is produced. An additional factor against drinking liquid with meals is that the liquid is usually taken extremely hot or extremely cold. Either extreme of heat or cold alters the normal motility of the digestive tract. Both tend to cause a spasm of the muscles of the intestine with a decreasing of motion. Warm food, on the other hand stimulates the digestive tract to more efficient action.

When high concentrations of sugar are taken into the stomach, the sugar is held there until it can absorb enough water from the lining of the stomach to dilute it. Gastric movements are inhibited, and the stomach is distended by the large volume of



spasm with an inhibition of movement, but with an excessive production of hydrochloric acid and other secretions. Preparation of a tasty, nourishing diet served in pleasant surroundings is good physiology.

MECHANISMS WHICH INHIBIT DIGESTION

There are two possible mechanisms which might inhibit digestion. First, water would make the meal into a much thinner, smoother paste, and thus unduly hasten the emptying of the stomach, and markedly lessen the duration of both salivary and gastric digestion. Second, water is not absorbed in the stomach, but stimulates the produc-

sugar solution for hours before the stomach slowly empties itself. This will slow digestion as well as be a source of irritation. Also, this delaying of the emptying of the stomach will be still further increased if there is a large amount of fat associated with the sugar, as in some candies and pastries.

When carbohydrates or sugars are taken in excess of what can be readily absorbed, they are liable to undergo acid fermentation from the intestinal bacteria and produce acetic acid, lactic acid, butyric acid, succinic acid, carbon dioxide, alcohol, and hydrogen. When sugars are in excess in the diet or when there is poor digestive absorption, the large

production of these acids may lead to irritation of the intestine, giving rise to symptoms such as diarrhoea.

Until recently there has been no direct proof that diet had anything to do with the production of diabetes mellitus (sugar diabetes). Dohan and Lukens have reported that the

prolonged administration of sugar solution by intraperitoneal injection can produce diabetes in normal cats. Although this is very suggestive, more work will be required to prove the exact relationship of large amounts of sugar to human disease. It is true that large amounts of

sweets diminish the appetite for more balanced types of food, and thus may lead to a nutritional deficiency. We must remember, however, to guard against excessive use of sugar. Sugars are good in reasonable amounts, and need to be included in the diet in normal quantities.

SECOND-HAND FOOD

WE AFFIRM that flesh is unnecessary in the diet, but more than this must be said if we are to help solve the problem. First, it should be recognized that man is anatomically not a carnivorous (flesh-eating) animal. The carnivores are all provided with fangs for tearing the flesh of their victims (think of the cat, the dog, the lion, the tiger, etc.), and their digestive processes are balanced to deal with raw flesh. These are the fierce predatory animals.

But those which man enlists into his service because of their docility, their immense strength, and general usefulness are all non-flesh eaters, feeding on vegetables, grains, and herbage (for example, the horse, the elephant, and the bullock, etc.). These latter have teeth for cutting and grinding just as man has, and their natural diet is very similar to that originally given by God to man. If these non-flesh eating animals can maintain their strength and usefulness on a vegetarian diet, so also can man. Children grow up more healthily and adults can improve their health very greatly by giving up meat (and other animal foods such as fish and fowl) and adopting a food reform regimen.

However, we must explain that we mean by "food reform" much more than merely giving up meat. To maintain good health it is necessary that our diet be balanced. That is, we must take starch foods (bread, cereals, potatoes, etc.), and proteins (cheese, eggs, beans, lentils, etc.) and fats, in right proportions and amounts. This should not discourage anyone. There is far more unbal-

ance in the diet of the majority of people who eat meat, pastries, and various confectionery, than there is in that of enlightened food reformers.

DON'T BE BIASED BY CRANKS

Admittedly, there are "cranks" among food reformers, extremists whose practices and rant do a great disservice to themselves and others. It is unfortunately often the case that we judge a theory by the fanatical exponent of it rather than by considering the whole matter carefully on its merits. Do not do this in the matter of diet. Today this has become an urgent matter and is occupying the close attention of all of us. So consider what we have to say here.

SECOND-HAND FOOD

It is a natural law that plants convert the elements into energy which they store for animals to consume. Personally, I have never been quite satisfied with second-hand things. So I prefer to get my nutriment, not after it has filtered through the organs of some other animal, but first-hand.

Moreover, I just can't tolerate waste. And flesh-eating is wasteful if statisticians are correct in saying, for instance, that it takes six pounds of corn to make one pound of pork, and that this pound of pork on your table contains only one third of the

nourishment to be found in the original six pounds of corn.

Besides this, the food in flesh form contains animal poisons—some normal and natural, and some induced by fear in the abattoir, and often germs which can and do communicate disease to human beings. This is not a matter of opinion but a proven fact.

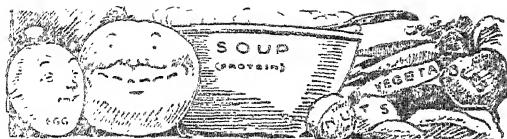
URIC ACID

One of the harmful aspects of flesh food is the uric acid it contains. Uric acid is formed in all living bodies. Now the human body works hard to eliminate the uric acid it manufactures, and succeeds to the extent of three grains daily. It is ill-advised, to say the least, to add to the burdens of our eliminatory organs by taking in more of the poisons they labour so diligently to get rid of.

Meat contains far more uric acid than the body can eliminate. The overloaded organs often become impaired, or break down, and disease and pain result. Some of the maladies for which the uric acid must be largely blamed are, rheumatism, neuralgia, mental depression, congestion of the liver, local inflammations, headaches, etc.

Those who are prepared to learn how to use a non-flesh diet must be sure that they change to a well *balanced* diet and should not do it too precipitately. Some well-meaning people have simply dropped meat from their diet and taken no substitute protein, with the result that they have become unwell and have thought that the non-flesh diet was harmful.

A. C. VINE



MEAT SUBSTITUTES

What can we have instead of meat that will be palatable and as nourishing? At the head of the list of wholesome protein foods we place nuts. Then there are pulse foods; dried peas, haricot beans, lentils, the last-named being the easiest to digest by most people. Cheese and eggs are excellent substitutes for meat. All these may be prepared in many different, nourishing, and appetizing ways.

One other consideration will weigh with many good people, the non-flesh diet would make the slaughterhouse and the killing of defenceless animals unnecessary.

SUGGESTIONS FOR DINNERS

A question that often arises during discussions on this subject is, "How can you provide adequate non-meat dinners?" I would like to mention here a few of the many meat-substitute recipes which are healthy, wholesome, and appetizing.

1. *Cauliflower Cheese* (for 4 persons): One large cauliflower, $\frac{1}{2}$ lb. cheese, 2 oz. brown flour, 2 oz. margarine, $\frac{1}{2}$ pint milk, salt to taste.

Method.—Wash and quarter the cauliflower, cook it in a very little water for fifteen minutes, or until

tender. Meanwhile, make a sauce with the margarine, flour, and milk. Add the cheese (grated), stirring until well mixed. Put the cauliflower in a greased casserole, pour over it the cheese sauce, and bake in a hot oven for about twenty minutes.

2. *Cheese Potato Balls*: Take equal quantities of mashed potato, brown bread-crums and grated cheese and a handful of chopped parsley. Make balls of this mixture (about the size of golf balls), roll them in milk and bread crumbs. Now fry in deep, boiling fat until golden brown.

3. *Lentil and Cheese Savoury*: Half a pound lentils, brown bread crumbs, $\frac{1}{2}$ pint cold water, $\frac{1}{2}$ lb. grated cheese, 2 onions, 1 oz. margarine, $\frac{1}{2}$ lb. tomatoes.

Method.—Wash lentils, and cook in the water, stirring occasionally to prevent burning. Chop the onions and fry in the fat. Add these, the bread-crums, and cheese to the lentils. Put mixture in a greased dish, cover with halved tomatoes and bake in quick oven.

4. *Rissoles*: Half a pound haricot beans, $\frac{1}{2}$ lb. rissole mixture (there are several obtainable), 2 oz. margarine, 1 large onion, small handful of chopped parsley, toasted crumbs, a little milk.

Method.—Cook the beans slowly until soft. Mash the beans and rissole mixture together, moistening with tomato juice. Add the chopped

and fried onion and parsley. Make all into a stiff paste. Form into rissoles. Roll in milk and toasted crumbs and fry in deep boiling fat.

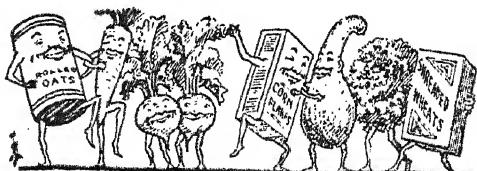
5. *Vegetable Casserole*: One stick of celery, $\frac{1}{2}$ lb. tomatoes, 1 small swede, 2 large onions, $\frac{1}{2}$ lb. sliced carrots, small tin baked beans, 2 teaspoons Marmite, salt to taste, $2\frac{1}{2}$ cupfuls water.

Method.—Cut up celery, swede, tomatoes, and onions, and mix together in a casserole with the beans and sliced carrots. Make rich broth with the Marmite, water, and salt, and pour over the vegetables. Dot the surface with blobs of margarine, and bake in medium oven for an hour.

Believe me these are good dishes, and used in the place of meat preparations will satisfy the appetite and the needs of the body, and have no harmful effects, all other things being equal. They are but a few of many delicious, nourishing recipes which delight the tables of non-flesh food reformers.

Why not give food reform a fair trial? Leave the cows in peace to provide us with milk. Leave the hens to give their eggs. Leave the fish to cleanse our territorial waters. Live as God meant man to live.

And be well!



WHAT IS YOUR AGE?

J. H. KRESS, M.D.

DR. HAVEN EMERSON, former health commissioner of New York City, tells us that "in the city of New York during fifty years the mortality from scarlet fever diminished 99 per cent, diphtheria 95 per cent, pulmonary tuberculosis 79 per cent, acute respiratory diseases 53 per cent." This looks most encouraging. It is an accomplishment of which we may justly be proud. But while the mortality in infancy and from germ diseases diminished because of increased knowledge of the prevention of germ disease, let us note what the mortality from organic and degenerative diseases revealed. He tells us that mortality from cancer during the same period "increased 176 per cent, from heart disease 187 per cent, from diseases

of the arteries 663 per cent, and from diabetes 1,150 per cent."

There are individuals here and there who have succeeded in living to the century mark. At the age of ninety-nine years Stephen Smith, one of the founders of the American Public Health Association, in addressing the members of the organization at their annual meeting in New York City, at a banquet given in his honour, said:

"Others were associated with me in the founding of this organization; but, like the servant of Job, I can say, 'I only am left alone to tell thee.' All his former associates, he said, were more robust than was he, and should have been with him on the platform.

A young woman stepped up to

him before he went on to the platform and asked "Dr. Smith, how does it feel to be old?" to which he replied, "*I don't know.*"

His advice to one who was anxious to learn the secret of his long and useful life was, "Take care of your stomach the first fifty years of your life, and the next fifty the stomach will take care of you." He himself did this. With him this was not a matter of choice, but of necessity, because he had by inheritance a frail constitution. In his address he expressed the hope of living to the age of 120 years; and, since he had by inheritance a feeble and infirm constitution and succeeded in living to the age of nearly one hundred, he said he could see no reason why a robust person, living as carefully as he did, should not live even longer than that, and why the expectancy of human life should not be raised above the popular expectancy of threescore years and ten.

Thomas Edison lived to an advanced age. Had he died early in life, it would have been chargeable to himself and not to his ancestors, for his great-great-grandfather lived past the century mark. His grandfather lived to the age of 103 years. To him were born seven children, all of whom lived to advanced ages. Samuel, the father of Thomas, reached the age of ninety-seven years. His excellent heredity combined with careful living was responsible for the useful and long life of Edison. In speaking of himself, Edison said: "I keep my health by dieting. People eat too much and drink too much. Eating has become a habit with almost everyone. It is like taking morphine; the more you take, the more you want. People gorge themselves with rich foods, use up their time, ruin their digestion, and poison themselves." He added: "If the doctors would prescribe dieting instead of drugs, the ailments of normal man would disappear. Half the people are food drunk all the time. That is the secret of my health. I always live abstemiously. It is a religion with me."

Dr. Elliot, who for years was president of Harvard, and one of America's foremost scholars and educators, at the age of eighty said: "That I have borne much labour and responsibility without ever suffering even a temporary breakdown seems to me to be due, after the inheritance of a sound constitution, to my possessing a good muscular and nervous system,

preserved by open air exercise and the habit of moderate eating. This may have contributed to the fortunate result, and at no time of my life have I ever made habitual use of any nerve stimulant, like tea, coffee, tobacco, or alcohol."

Chauncy Depew, being interviewed by a reporter on his ninetieth birthday, when asked the secret of his usefulness at that advanced age, said: "If I have lived longer than others, it has been because I had the will to be wiser than others. Take eating—most people eat what they like. I eat only what likes me. There are many things that I like which I do not touch, and the result is that the machine works without my thinking of it. For thirty years I have made it a point to eat sparingly and to sleep seven and one-half hours out of the twenty-four."

Referring to his diet, he said that years ago he concluded that beef-steak and butcher's meat figured too much in his diet. "Out they went; never to return." The reforms went farther than this. He gave up the use of alcoholic beverages altogether and also tobacco.

Some men are older at forty than others are at sixty. A man of forty with sclerotic or hardened arteries is, in reality, from a medical standpoint, older than is the man of sixty whose arteries are still soft and elastic. It is not merely the arteries that undergo sclerotic changes in old age. The liver, the kidneys, the heart, the brain, the muscles, and even the bones undergo similar changes. This hardening of the tissues determines the age of the individual. The number of years a person of fifty is capable of living may be determined by the condition of these structures.

When the tissues and organs of the body undergo these degenerative changes, they are no longer capable of functioning as in youth. Glands, which have to deal with the poisons that are introduced into the system or formed within it, are no longer capable of neutralizing or eliminating them perfectly. In time the function of these organs is interfered with to the extent that death results from the retention of poisons.

The length of time these organs are capable of functioning is determined before birth. Man can no more add to his years than he can add to his stature. He can, however, shorten the period of his earthly career. There are motor-cars manufactured that are guaranteed to run 100,000

miles; others are ready for the scrap heap before half that distance is reached. They are made of poorer material, and are not so well built. The material composing them and the workmanship determines the length of time motor-cars are capable of enduring. The motor-car that is composed of the best material and is so well constructed that it can endure for 100,000 miles, if well cared for and driven only 1,000 miles a year, can do service for 100 years. If the car is driven recklessly, especially at the beginning, it may be on the scrap heap in a few years or months. In like manner, heredity determines how long the human machine can endure. Some possess a heredity that should enable them to live to the age of 100 years or even longer. Their parents and ancestors lived to a very old age. Others, live as carefully as they may, cannot possibly pass the three-score years and ten. The age limit is predetermined.

Someone has said, "To live to the age of one hundred years it is necessary to develop a chronic disease early in life, and then take care of it." The man who has a chronic ailment and knows it, gives attention, as a rule, to his habits of living. Living more carefully than the one who by heredity has robust health, he may outlive his boastful neighbour who affirms, "I can eat anything." It is the apparently robust who are cut off suddenly without remedy.

It is possible by careful living to be permeated with a feeling of well-being so that there will not exist the inclination to resort to the use of unnatural stimulants as alcohol, tobacco, tea, coffee, and so forth, which the masses feel they must have to keep going. It is lowered vitality that calls for such stimulation. Only sub-normals feel the need of stimulants, but they, above all, should abstain from their use.

The fact that stimulants are so universally sought is in itself evidence that the human family is sub-normal. It also affords the explanation why our boys and girls, because of this defective heredity, are becoming addicts of the cigarette and other narcotics. Not much can be hoped for the future. The increasing mortality from heart disease and other organic diseases will continue. To my mind we are in a fair way of depopulation unless some very radical changes in the habits of our people are made.

Kidneys

- Dropsy

- Drugs

DO YOU remember the old-fashioned kidney "cures"? How they were sold with "patent medicine" claims in newspapers and in store windows? And how they were almost invariably displayed with a picture of a stooping man with his hand on his back, or a picture of a bloated face? "Kidney ailment" and "dropsy" were often used synonymously, and the person who had dropsy, or oedema, was certain to have, according to advertisements, a kidney ailment.

Those were the days when advertising nonsense was in its heyday. Some of it can now be regarded humorously, but unfortunately it has cost many people untold misery and suffering and without doubt has been responsible for a shocking number of deaths. In too many instances proper medical treatment has been neglected and some useless drug or technic substituted. The welfare of the sufferer seemed to be of little concern to many an unscrupulous promoter.

Even now the public is exploited each year to the metallic tune of several million rupees through the sale of kidney "cures." If people have a backache, according to the advertisements, they have kidney disease; if they have puffy hands, face, or feet,

they have kidney disease; if they are short of breath, they have kidney disease; if they have obvious trouble in relieving themselves of body water, they have kidney trouble. And if they are not certain in their own minds that they have a health problem, they will soon be convinced by other advertisements suggesting symptoms of startling variety. But the most amazing part of this game of misrepresentation is that the same symptoms are used to suggest other illnesses not even remotely related to kidney disease!

The substances commonly used in the older "cures" for self-use are oils that are irritating to the kidney. At best, these drugs merely increase the flow of urine so the user thinks beneficial effects are being achieved. Sometimes the mixtures contain sedatives, which can do little except make the sufferer less aware of his trouble. And frequently grandmother's friends have some special herb or tea for kidney ailments, but unfortunately they are never as good as the friend's intentions. None of these more popular remedies can be called, however, satisfactory treatments; they do no good, but often do harm.

The intake of fluid, the distribution of water, and the excretion of unwanted fluid are controlled delicately in the body. The healthy body is able to withstand considerable abuse without an upset of the mechanism; but when disease sets in, several things may happen, resulting in an excessive accumulation of water in the tissues. The control of water exchange is complicated. For example, the pituitary gland, which is a small, nut-sized gland at the base of the brain, secretes several hormones that affect other glands which in turn affect body growth, maintenance, and activity, and another hormone that in part regulates the flow of water through the kidneys. This substance is so potent that if it is injected into frogs placed in water, the frogs swell like balloons, and remain that way for several hours. If it is injected into man, water is likewise retained, and secreted at less frequent intervals. This phenomenon serves a useful purpose: It sometimes is used to diagnose epilepsy and to control diabetes insipidus (not diabetes mellitus) a condition in which large quantities of urine are excreted by the kidneys.

The body loses water in many ways, including by perspiration, from the lungs, and even in tears;

and this fluid must be replaced if water balance is to be maintained. In the normal healthy individual, output and intake of fluids are well balanced without signs of either retention of water in the body tissues (oedema) or loss of fluids from the body (dehydration). In the sick person in whom water balance is upset, dehydration may occur, as in prolonged fever and severe, lasting diarrhoea; or oedema may occur, as when the heart fails. Oedema from whatever cause demands effective and safe treatment, and the choice of treatment depends on the cause.

The patient with oedema, as well as his relatives and friends, unless medically trained, may quite likely ask such questions as, "Well, what is oedema? How is it caused? What does it do? Can it be treated? Will it come back?" and other related questions. Some of the answers are easy to supply; others are more difficult.

Oedema is essentially an abnormal collection of fluid in certain body tissues, usually caused by some disease process. Research workers in this field have a variety of complicated explanations for the cause of oedema and the way in which it occurs, but if we consider that blood vessels carry fluids to the body tissues and also away from the tissues, we can project a simple explanation suitable for everyday purposes. Thus, fluid may be said to pass to and from the blood vessel system by filtration, osmosis, and diffusion. Filtration merely means that the fluid filters from one place to another under pressure, as would occur through a filter in a water pipe; osmosis is concerned with what we might call the attraction of chemical substances for water; and diffusion refers to a simple spreading, as would occur if a soluble colouring such as blue dye were dumped into a glass of water. An upset of any of these factors can

"CURES"
GOOD and
BAD

AUSTIN SMITH, M.D.

cause oedema, such as by an excessive amount of fluid passing from the blood vessels into the surrounding tissues (filtration), or by a decreased amount of fluid passing back into the blood vessels (osmosis). If the pressure in the blood vessels gets too high, fluid may collect in the tissues; if the blood vessels are damaged, there may be an improper regulation of fluid exchange.

Somewhat similar simple explanations can be used to explain the effects of drugs administered to correct oedema. Oedema may be associated with heart disease, kidney disease, and with certain wasting diseases such as tuberculosis, cancer, and vitamin deficiencies. It also may accompany an upset of the endocrine or hormone system. In fact, many women gain as much as two pounds in weight before the menstrual period; which excess weight disappears within a few days and cannot be called true oedema or dropsy.

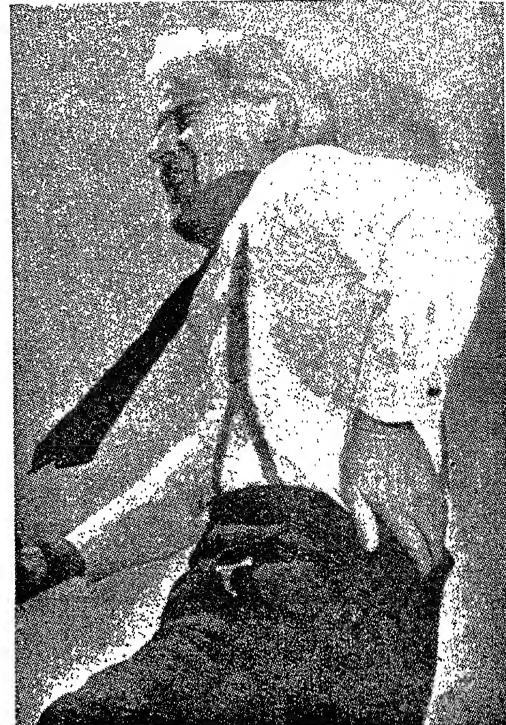
One may have localized oedema as well as the more general type. For example, an obstructed vein might cause local oedema, as would inflammation from a burn. Furthermore, elderly people are prone to develop oedema in the lungs if they are confined too long in one position on their back.

The removal of excess fluid from the body depends on an accurate diagnosis of the cause, as treatment is employed according to the cause. Rest, occasionally minor surgery, and other procedures may be necessary; but the treatment that usually produces the most dramatic results is the use of medicines known as

diuretics. Diuretics are substances that increase the flow of fluid from the kidneys. They can be used wisely only by a person with adequate medical training and experience. Some are too dangerous for self-medication, and all are ineffective unless used to meet the needs of the patient. And, of course, the underlying cause of oedema should always be treated. Like a headache, oedema is only a symptom of disease and will keep recurring unless the cause is controlled. Sometimes it is impossible to do the latter, in which case treatment may be necessary for a long time if life is to be saved.

Whatever substances are used to help the body to get rid of excess fluids, each is used for the specific effect that it has on the body, and is used only when a definite need has been shown. It is not used in a blind, experimental, "shotgun" manner. Over-dosage can cause kidney damage, and serious symptoms may follow too rapid removal of fluid from the body. If there already is kidney damage present certain potent drugs are contra-indicated.

The modern miracles performed in medical care have brought a new era of hope to the ill. However, this



era has been produced only by careful scientific searching for new and effective treatment and preventive measures, and not by careless off-hand use of drugs. Remedies can be prescribed safely and intelligently only by those trained to diagnose and treat disease. So far, there has not been developed for self-medication a remedy for oedema, or dropsy, that is both effective and safe.

HALF-DEAD?

(Continued from opposite page)

cept as before mentioned, to discuss it with your physician. Tiredness can be encouraged by bringing it to the fore.

Thoughts are very important. Perhaps changing one's thoughts might make a great deal of difference. Do your thoughts measure up to the following standard as given by the great missionary Paul? "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue,

and if there be any praise, think on these things."

If one's mind is continually dwelling on the harrowing experiences of favourite characters in the popular daily radio serials, or similar experiences of the characters in the story-books or magazines, it is no wonder that one is tired at the end of the day.

6. *Procrastination*.—A task undone can hang very heavy over one's head. The longer it is put off, the harder it seems to be to do. Just the thought of undone work can make one tired. There is a definite stimulation which comes with accomplishment. Procrastination can easily become a habit, and this habit may

take much of the joy out of life.

7. *Boredom*.—Doing the same thing over and over in the same way may be very tiresome, for instance, preparing three meals every day, washing the same dishes, sweeping the same floors, ironing the same clothes. But even a housewife can vary her programme. She may try new recipes, set the table in the yard or on the porch, try new decorations, entertain different friends. A considerate husband will take his wife out to meals occasionally, even if he does not like the food they get as well as what she cooks. Even boiled potatoes may taste better to her if she does not have to boil them.

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AS I MEET people day after day who come to the office because they feel the need of a doctor's advice, I listen to many complaints of ill-health. Recently I began wondering what complaint is repeated the most often. After thinking it over I decided it probably is this one: "Doctor, I don't know what is wrong with me, but I am tired most of the time."

What makes people tired? The thing that comes to my mind first is work. But that does not seem to be a good answer, for many of the people who complain of always being tired tell me that they are not working hard.

Then I began to think of the others who work very hard. I thought of two surgeons who operate in an institution. Their work is not so much of the physical type, but it is very strenuous, and the hours are long. Early in the morning and late

cent of the cases, or by far the majority, physical disease can be ruled out, and we must look elsewhere for the cause.

2. *Lack of Exercise.*—The production of the energy we so much need is dependent upon the proper functioning of the heart, lungs, and other internal organs. These organs are conditioned by the activity of the muscles, especially the action of the large muscles. Sedentary workers use only their small muscles—the typist her fingers, others their tongues. And the large muscles? They just sit on them. Even if their work calls them to go a short distance away, instead of walking and getting a little much-needed exercise, what do they do? They climb into their cars and sit on those muscles some more. The vital organs, lacking the conditioning needed from exercise, do not produce enough energy, and therefore they run out very soon,

want to be sure your diet is a proper one, consult a dietitian or procure a well-balanced diet list, and compare what you are eating with this list, paying special attention to whether you are eating the proper amount, whether you have enough but not too much protein, and whether you are leaving out any of the essential foods.

Even though the diet is entirely correct, the food may not be handled well, and the person would still be undernourished, or underfueled. Perhaps the meals are not spaced correctly, or are eaten too hurriedly. Worry is another thing that will upset the functioning of the digestive organs.

4. *Lack of Interest.*—It would be very tiresome to climb a mountain if we were not interested in the trail, and only casually interested in the goal of reaching the top and seeing the view. It is the intense interest

Are You

HALF-DEAD?

What to Do for Chronic Fatigue

in the evening you will often find these two doctors working in their gardens. And such gardens! The corn, peanuts, yams, and so forth do not show the least sign of disease, even though they are under the doctor's care. I never hear either one of these over-worked doctors talk about being tired. They never act tired, and are always good-natured.

The tiredness produced by physical exertion is soon remedied by rest. After a night's rest one is ready for another day's work. In other words, it seems to be a fact that although physical exercise does make one tired, this fatigue is always remedied by a reasonable rest period. Thus it is seen that this is not the cause of chronic fatigue. If work is not the cause, what is?

1. *Physical Disease.*—About twenty per cent of the cases of chronic fatigue are due to disease. The commonest factors are chronic infections, diabetes, heart disease, anæmias, and nephritis. This is why the person who is always tired is wise in consulting his doctor. In eighty per

and are really tired. No wonder these people are always complaining of being half dead. Those interested in them are always encouraging them to rest, when rest is the worst thing for them, because it will never cure their fatigue but make it worse.

If you feel exhausted after walking half a block, it is not true fatigue. The thing to do is to push on and walk and walk—perhaps several miles.

Perhaps the garden work so consistently carried out by my surgeon friends can help to explain why it is they seem always to have so much energy.

3. *Poor Diet.*—Some people eat so much it makes them tired. Probably all of us have experienced the feeling of being over-stuffed on some special occasion. At a time like that, even the mention of physical exertion is distasteful. So it is easy to understand how habitual over-eating will cause chronic fatigue. Over-eating is not the only mistake in diet. Another mistake is a deficient diet, or a poorly balanced diet. If you

of seeing what is along the trail and what is at the end that makes the hard labour of mountain climbing enjoyable. How interesting would competitive games be if there were no goals toward which to strive? Life can also be very uninteresting if a person has no goals toward which to work. Uninteresting things are very tiresome. A most uninteresting and even repulsive task can almost be a pleasure if it helps us to reach a goal which we have really set our hearts on reaching.

Interest follows attention. The more we focus our attention on any subject, the more we learn about it and the more interesting it becomes. Seek the company of enthusiastic people, and you will find that your interests will enlarge and life will be less tiring.

5. *Need of Emotional Reconditioning.*—It is possible to acquire a habit of tiredness. Singing as you go may help to break this habit. Avoid talking about being tired, ex-

(Continued on opposite page)

your health comes from

IT IS possible for human beings to maintain perfect health from the cradle to the grave. This should be the goal of each of us. In doing so we would likewise greatly lengthen our life span; not only would we add years to our lives, but, what is more important, we would add life to our years. This is our own individual responsibility and that of our educational system. It is not a responsibility of the medical profession as such, for it has been trained to treat the sick and the injured, when, in fact, there should be none who need its services. Though adequate shelter from the elements; proper protective clothing; and a sense of security that comes from personal possessions (especially a strip of land), as insurance against emergency, do contribute to the maintenance of optimal health, the most important factor is the highest state of nutrition.

The maintenance of the best possible state of nutrition depends upon good food, good digestion, good assimilation, and good muscular tone; but the greatest of these is good food. The quality of one's food depends in turn upon the selection of excellent foodstuffs, which have not been spoiled in the harvesting, storage, processing, preserving, preparing, or serving. The inherent quality of food, however, depends upon the quality of the soil where it has been grown.

The plants of the earth take from the soil the mineral elements that they need, plus those that the animals need. The thin green carpeting that covers the earth stands then as the intermediary by which certain elements in the rocks, after their conversion to soil, are made available to man and animals. The simple inorganic elements of the air and the soil are selected and built up by the plant into complex, organic compounds which may be further elaborated with selection and elimination of elementary components by the animal into blood, bone, and flesh.

Plants have the ability of taking

out of the soil certain elements in proportionately larger amounts than exist in the soil itself. Animals have a similar, but less pronounced, faculty for screening out certain elements from the plants. For instance, the ratio of calcium in the composition of soils, plants, and animals is about 1:8:40; of phosphorus, 1:140:200; and of sulphur, 1:30:130 respectively. As Browne has pointed out, it is also significant that the two most abundant mineral elements of the earth's crust—silicon and aluminium—are found only in the merest traces in the bodies of animals. At the same time it has been shown that animals require comparatively large amounts of sodium and chlorine and traces of iodine and cobalt; it has never been proved that any of these elements are essential to the life of plants. By the same token animals differ in their need for these elements. Sheep are more sensitive to a lack of cobalt than cattle, and horses can live where sheep and cows are dying from a lack of this element. Plants, on the other hand, demand a trace of boron and molybdenum, whereas animals may not.

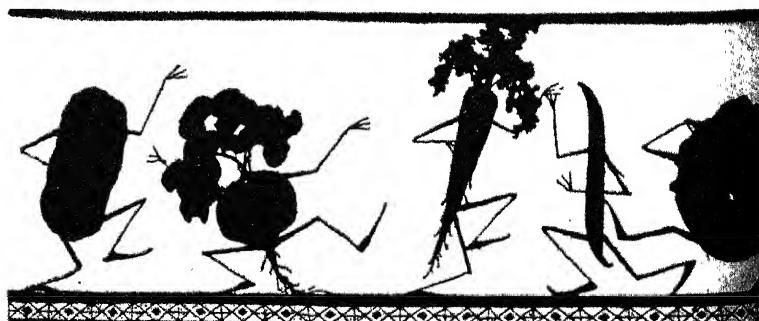
Individual plants have been shown to be capable of taking up, whether they need them or not, sixty different chemical elements. Of these, more than one-third are now known to be essential to the life of plants or animals. Others may still be added to the essential list later. The energy-producing elements of carbon, oxygen, hydrogen, and nitrogen make up

95 per cent of the dried weight of plants and animals. The major ash elements left when the plant or animal is cremated are phosphorus, potassium, calcium, magnesium, silicon, aluminium, sodium, sulphur, and chlorine. These make four per cent of the dried weight. The remaining one per cent is composed of the various so-called trace elements.

There has been relatively little work done on the relationship between mineral metabolism of plants and their vitamin content. Although it is true that the variations in the vitamin content of plants are related to many factors such as varietal differences; climatic and seasonal differences; and, to a much less extent, differences in the degree of fertilization, it cannot be emphasized too strongly from the practical side that those soil treatments that give the highest crop yield are also the ones that produce the highest vitamin yields. It must be realized also that we are not seeking unusually high vitamin figures, just those that are optimal for the plant—best for its health. The natural balance must be kept, for we are seeking for our tables the healthiest of plants, not necessarily plants unusually rich in any one particular.

Carbon is obtained from the air in the form of carbon dioxide. The hydrogen and a good deal of the oxygen are obtained from the water that the plant absorbs. The bulk of

JONATHAN



SOIL

the oxygen, of course, comes from the air. The abundance of these elements for plant nutrition is, therefore, only limited by the water supply. Nitrogen is brought down from the sky by the rains, added to by the non-symbiotic soil organisms, and largely supplied by the symbiotic legume bacteria. Nitrogen tends to accumulate so that, when it is not removed by cropping, and when there is organic matter enough to prevent leaching, the supply of nitrogen as plant food gets richer and richer. As the result of the photosynthetic processes in the leaves of the plants, sunlight produces simple organic compounds by the combination of water and carbon. These, together with nitrogen and the mineral elements, are later elaborated into more complex organic compounds. In this way nitrogen enters into the structure of the amino acids, amides, alkaloids, hormones, enzymes, proteins, and cell structure in both plants and animals. It produces a lush growth, even to the point where it interferes with reproduction. Any deficiency of this element in the soil is quickly apparent in the growth and colour of the plants growing thereon, so its lack is never hidden for long.

In considering the growth of plants, we may think of this growth first as a photosynthetic performance. This action builds the woody framework of the plant, using only a limited amount of the soil's fertility

M.D.

mainly as a catalytic agent to set up the factory and supply the fuel. In the second place, as Albrecht, of the University of Missouri, U. S. A., has pointed out so many times, plant growth is a biosynthetic performance into which the soil's fertility enters directly, to have its phosphorus, sulphur, nitrogen, and other elements made up into protein, vitamins, hormones, and other compounds valuable for body function rather than for fuel. It is soil, then, rather than the sunshine and fresh air, that determines how well the plant really gives us nourishment. For us the highly proteinaceous plant is the plant of choice; but for the insect pests it is the more woody, less proteinaceous plant which meets the need of their nutrition. Insect pests, therefore, prefer to eat the plants growing on the poorer, more depleted soils. They tend to leave the fields of the good farmer alone if there are fields with poor soil to ravage.

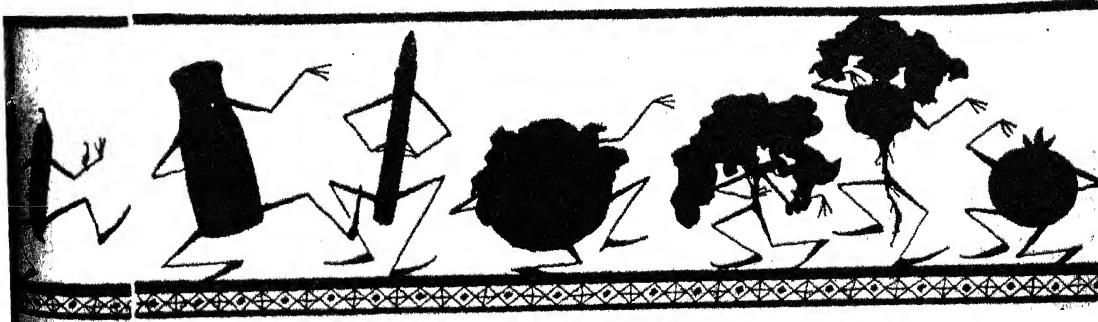
Unconsciously, as the fertility of our soil has been steadily depleted, we have gone from a *proteinaceousness* and *high mineral content* in our plants, which were growing in a soil under construction, to a *carbonaceousness* and *mineral deficiency* in plants growing in soils under destruction. The nutrition of our people and our animals at the same time tend to go from a level of bone building, sound construction of teeth of superior quality, strong muscle building, and fecundity to hydration, obesity, weakened bones, flabby muscles, to say nothing of sterility, toothless mouths, alveolar bone destruction, and many other serious but chronic complaints.

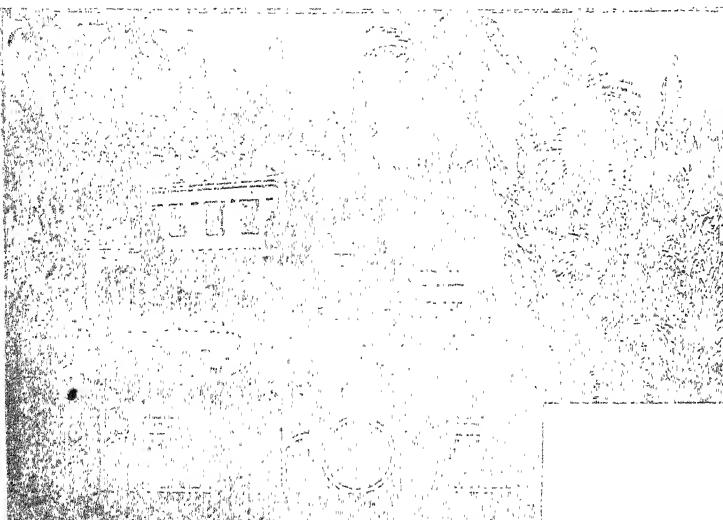
Researchers with their minds fixed upon a very narrow segment of this problem of soil-health relationships are as incensed as we are embarrassed by the use that advertising copy writers have made of our writings and those of others who agree

with us that by promoting normal biological processes in the soil, healthy plants, livestock, and human beings will be produced; that man is not the independent lord of creation that he imagines himself to be, but rather the lucky inheritor of a very specialized set of conditions. As biologists, we are aware of the perverse genius of man to destroy the very kind of environment essential to his survival. In agriculture his first action is to remove the natural cover which has produced the virgin soil. We are pleading for better practices that will not expose the topsoil to removal, and will continue, instead of arrest, the process of soil development and maintenance, and will keep our soils "under construction," as Albrecht calls it.

We, therefore, protest as strongly as anyone such statements as: "One carrot may not be as good as another carrot although they may look alike." "The one grown upon deficient soil may be worthless as food." "A baby won't have good bones or teeth if he drinks milk from a cow whose food comes from soil deficient in calcium and phosphorus."

Common observation confirms our contention that there is an intimate relationship between the quality of the soil, the nutritive quality of the plants that grow thereon, and the health of those who eat those plants. It is self-evident that poor farming makes poor land; poor land makes poor, sickly people; and poor, sickly people make poor land poorer. Your health will always be your own responsibility. You, therefore, have a major stake, no matter where you live, in agriculture and in education for normal living. Optimal health is primarily a matter of good nutrition. The health centres of the future must not be granite and marble buildings but rather farms where soils are being conserved and their fertility restored.





"You did not obey," he said kindly, "and 'the way of the transgressor is hard,' always."

Jerry nodded his head without looking at father. On the day after the Fair he could have been riding on the train with Uncle John and Aunt Becca to their home. He brushed the tears from his eyes.

"The way of the transgressor is hard," he repeated. "I guess I know it now; and I won't ever forget it, either."

PETE TRIES TO HELP

EVERETTA HOLMES

DAN and Susan ran into the house after school. "May we take Pete for a walk, Mother?" Dan called, as the puppy barked a glad welcome.

"I was hoping that you would," replied their mother as the two children peeped into the sewing room. "He has been watching for you for some time."

"Bow wow!" barked Pete happily jumping up against Susan.

"Come on, then," invited Susan, opening the closet door. "Here's your leash, but where is your harness? She looked carefully through the closet before she called. "Do you know where Pete's harness is Mother? I can't find it here in the closet."

"No, I don't know where it is. I haven't seen it at all today," replied her mother. "Didn't you or Dan put it away last night when you brought Pete in from his walk?"

"Dan is supposed to put away the harness," explained Susan. "We agreed that he would hang up the harness and I would put away the leash every time we brought Pete in."

Just then Dan, who had been for a drink, came in. "All right!" he exclaimed as Pete ran up to him, "Come on, let's go!"

"We can't go," replied Susan. "I can't find Pete's harness. I thought you hung it up last night, but I can't find it now."

Dan looked at Pete and then at Susan and then back to Pete. Finally he said slowly, "I just remembered. I didn't hang it up. I laid it on a chair while I got Pete a drink, and then I forgot to come back and hang it up. Isn't it in the closet? Maybe someone else put it away."

Susan shook her head. "You can look if you want to," she suggested,

JERRY'S HARD LESSON

INEZ BRASIER.

MOTHER came to the kitchen door with a large pan in her hand. "Jerry!" she called. "I need apples for some pies. Please get the best apples that are on the ground. Heap the pan so there will be enough for four pies."

"I like apple pies!" Jerry exclaimed as he ran toward the orchard with the pan.

"I wonder why mother wants to make four pies on Monday," he thought. "Aunt Becca and Uncle John aren't coming till Fair day, and that is Thursday."

Jerry stopped under the tree where father's prize going-to-the-Fair apples hung. He looked and looked at the big red-cheeked apples. "Father would not miss two or three apples, or even four, if I ate them," he thought. "Anyway, they are better than the apples that have fallen to the ground."

He glanced around. Quickly he picked several of the biggest and rosiest apples on the tree. He ate as he filled the pan. Somehow, they did not taste as good as they always did at Fair time after Father had won prizes on them.

He carried the pan to the house. As he stepped on to the porch he heard voices in the kitchen. Father was home! And he hadn't planned to come until just before Fair day!

"I am proud of you, Jerry," father called. "Mother says you have kept the lawn mowed and the weeds

pulled. How are those special apples for the Fair? I want to take the best ones in the day after tomorrow."

Father started to the orchard, but Jerry's feet went slower and slower. Father turned to look at him.

"What is wrong, son?"

Jerry shook his head.

"Come, then."

Father stopped beside the tree. He looked at the apples hanging in the sunshine. He went around the tree and looked at the apples on the other side.

"What has happened to the best apples that I wanted to show at the Fair? Has anyone besides you and mother and grandmother been here at the tree?"

Jerry shook his head again.

"Then must I think—?" Father stopped.

Jerry dug his toes into the dusty ground.

"I, I picked them, Father."

"There will be no prize this year. Other growers have apples as good as these that are left. Look at me, Jerry. I had meant to let you have the prize money to go home with Uncle John and Aunt Becca. Now there will be no prize and no trip to Uncle John's."

"Aren't there any apples left that are good enough to take?"

"No, Jerry."

Jerry hid his face against the tree.

Father started to the house. Then he stopped.

"but I couldn't find it in there."

Dan flung open the closet door. He dropped to his knees and hunted among the rubbers and galoshes that stood on the closet floor but he couldn't find the missing harness.

Finally he stood up and turned away from the closet. "Now, where do you suppose that harness is?" He questioned impatiently.

"Perhaps Pete can help find it," suggested Mother as she came into the hall. "Maybe he has put it away."

Dan looked surprised. "Do you really think so, Mother?" he asked.

"I really do, Dan," she answered. "I have often seen him carrying small articles from one room to another. I did not see him with his harness, but he may have carried it somewhere just the same."

"But how can we ask him?" inquired Susan. "He doesn't really understand what we say to him."

Dan had been considering his mother's suggestion. "I think I know," he said suddenly, as he hurried to the closet. "I'll show him his leash and see what he does."

Dan took the leash from its hook. Pete ran to him and stood still in front of him, wagging his bit of a tail. He evidently wanted his harness on. Dan showed him the leash and said quietly and distinctly, "Where's your harness? You can't go for a walk without your harness. Go and get your harness."

At those words Pete began to bark loudly. Still barking, he started upstairs. "Come on, Susan," called Dan. "Maybe he does know where his harness is!"

The two children raced upstairs behind Pete. When they ran into Dan's room, Pete was standing before the closet door, barking.

Susan laughed. "I guess he's played a joke on us. His harness wouldn't be in there."

Dan opened the closet door and Pete dashed in. He dashed out again in a second, carrying in his mouth his harness! Dan was too surprised to say a word.

"Well!" exclaimed Susan. "Pete's a smart dog! He knew his harness belonged in a closet, so when you didn't put it away for him, he put it away for you!"

The three hurried back downstairs, Pete barking and frolicking around, Susan and Dan talking together, telling Mother how Pete really had tried to help. "You'll never have to do that again, Pete," said Dan while he buckled the harness on to Pete. "There are too many

other things I'd rather do than hunt your harness after you put it away!"

"That goes for me, too," said Susan, waiting with the leash. "Who would think such a little dog could help teach anyone to put things where they belong?"

"I think Pete may help you learn many things if you will let him," was Mother's comment as the children started for their walk with Pete.

Marine Explorer Finds Strange World at Ocean Bottom

AT 750 fathoms under the sea there is a weird, cold world inhabited by strange luminous creatures, says Otis Barton, United States marine explorer.

Enclosed in a thick steel ball called a Benthosphere, Mr. Barton set a new world's deep-sea diving record by descending to a depth of 4,500 feet below the surface of the Pacific Ocean off the coast of California. This is 1,472 feet deeper than the previous world's record, set by Mr. Barton and naturalist, Dr. William Beebe, in their Bathosphere descent near Bermuda in 1934.

This time Mr. Barton went alone. He had hoped to go down 6,000 feet to the ocean bottom, but rough seas and the failure of electric lights in the sphere forced him to be hauled up from 4,500 feet.

The Benthosphere's electric lights illuminating the area outside the sphere went out at 4,100 feet, and Barton had to stop taking pictures. The last several hundred feet he went down in inky blackness, but shining creatures—snakelike forms, lantern fish, spiral shrimp—kept thudding against the steel walls. At 4,500 feet he reported: "I am amazed to see so many luminous things at this depth."

Later, however, he told newsmen: "A scientific study of the marine life in the Pacific, at least in this vicinity, is probably more interesting at 2,000 feet than at 4,500 feet."

The final descent was preceded by three days of diving experiments. The first day Mr. Barton sent the sphere down, unmanned, to a depth of 5,800 feet to test its resistance to crushing submarine pressures. The second day he had gone down only to 2,000 feet when his air supply began to fail.

The Benthosphere, developed by Mr. Barton and Dr. Beebe, was built to withstand pressures at a depth of 10,000 feet. At the 4,500-foot depth,

pressure on the sphere was about 2,000 pounds per square inch. At sea level, air pressure is about 15 pounds per square inch.

Mr. Barton's marine explorations are sponsored by the Allan Hancock Foundation for Scientific Research of the University of Southern California. His record dive was made to test equipment and prepare the way for further investigations into unknown fuel and food resources that may lie at the bottom of the oceans of the world.—USIS.

Dog's Tail

WHERE did the custom of docking a dog's tail originate? The ancient Romans started it. They believed that all the evil of an animal was located in its tail; and that if they cut it off, the dog would not bite or cause trouble.

HALF-DEAD?

(Continued from page 12)

Incidentally, it will be a big help if she is told that her meals are hard to beat.

The business man also needs a change. A vacation may be a financial asset, for after a good vacation better work can be done. A change in the routine relieves tiredness, and sometimes one is not even conscious of being tired. One may, however be surprised how much more he enjoys his work after the vacation than before.

The better one likes his work, the less bored he is by its repetition. If you don't like the work you are doing, try to change to something you enjoy. If you cannot change your work, try to find new values and interests in it which will make it less boring and therefore less tiring.

Fatigue due to physical exertion is easy for the individual to recognize and is almost never harmful. It is also readily relieved by rest.

Fatigue due to other causes is harder to recognize and can cause considerable trouble. It should be guarded against.

A really bored man must have written this poem:

"I wish I were a little rock,
A-sitting on a hill,
A-doing nothing all day long,
But just a-sitting still;
I wouldn't eat, I wouldn't sleep,
I wouldn't even wash—
I'd sit and sit a thousand years,
And rest myself—"



Microscopic battle

Due to its microscopic nature, we do not normally notice infection until it has become firmly established.

Doctors and nurses are never off guard against the risks of septic infection. That is why they both use and recommend 'Dettol'. Follow their example and rely on it whenever infection threatens.

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RECIPES

HOLIDAY FOODS

IN MANY lands December is the holiday month and even in India the Christmas spirit has caught root, as is visible in holiday displays in shops and homes. Many women in many lands cook and bake for weeks beforehand when getting ready for Christmas. Cakes and sweets are prepared in never-ending variety.

But most people eat too much, and even at holiday time it is well to keep in mind that simple, nourishing food is best for the welfare of children, young and old. Children never do cry for, say, spinach; but pass a sweet shop with them and at once there is a cry for the sweets on display. Some of the recipes given this month tell you how to make wholesome sweets at home. Do try them!

Sweets as a rule contain too much sugar. Sugar in moderate amounts is good for the body but too much is very harmful. The coarse, brown sugar, ghur, as it is called, is much better for the body than refined white sugar. So whenever possible use ghur in making cakes and sweets and also in sweetening fruit juices and ice-creams. Ghur should be thoroughly cleaned before using. Melt it by boiling it in a very little water and then straining it through a fine cloth or sieve. This will give a syrup superior to any other sweet with the exception of honey. This syrup contains not only sugar for energy, but it also contains valuable vitamins and minerals. Ghur should be used more extensively as a sweet.

HOLIDAY NUT LOAF

Two cups breadcrumbs; $\frac{1}{2}$ teaspoonful salt; 1 tablespoonful minced parsley; 1 teaspoonful sage or savoury; 1 cup chopped celery; $\frac{1}{2}$ cup butter or ghee; 1 onion chopped fine; 3 eggs; 1 cup rich milk; 2 cups chopped nuts; $\frac{1}{4}$ cup tamarind juice or juice of one lime.

Simmer the chopped onion and celery in a little butter or ghee for a few minutes until they are a golden brown. Add the milk and seasoning to the breadcrumbs and let stand while onion and celery are frying. Then add all the other ingredients with the onion and celery to the breadcrumbs and seasoning. Fold in the beaten eggs and place all in a buttered baking dish. Dot the top of the loaf with pieces of butter. Bake in a moderate oven for one hour or until done. Garnish with broiled pineapple slices.

BROILED PINEAPPLE

Prepare a fresh pineapple by peeling and slicing it. Parboil in a very little water to which sugar has been added. When half done remove and drain well. Now dot each slice with a little butter and a sprinkle of sugar. Place under broiler and brown lightly before serving. The slices may also be browned in a frying pan but the result is not as uniform as when broiled.

This nut loaf and its garnishing is a wholesome protein and supplies besides, vitamins and minerals.

HOLIDAY SALAD

One medium papaya; 1 small pineapple; $\frac{1}{2}$ dozen plantains; 3 oranges; 2 tablespoonfuls syrup or honey; 10 dates cleaned and pitted.

Peel and cut the papaya in cubes (after removing seeds). Do the same with the pineapple and the plantains. Cut the oranges in sections and remove all seeds and skin. Cut the dates in pieces. Mix all these fruits gently. Pour over this mixture the syrup and let stand in a cool place one hour before serving. Serve in tall sherbet glasses as a fruit cup, or serve as a salad on crisp leaves of lettuce. Makes four large or six medium servings.

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HOLIDAY SWEETS

One cup dried figs; 1 cup seeded prunes, or dates, or both; 1 cup seeded raisins; 1 cup toasted coconut; 1 cup chopped walnuts.

Be sure all the fruit is clean and sterilized. This is best done by washing and steaming it a few minutes over hot water. Dried fruit should always be rinsed in boiling water after thorough washing. Put all the fruit through a food chopper, using medium-sized cutter and let it go through twice. Scrape the coconut and put it in a flat dish in the oven to toast but be sure it does not get too brown. Mix all the ingredients together and use a little ghur syrup if more sweetening is required; knead and roll the mass into an oblong shape about one inch thick. Set aside to harden, cut into desired pieces, and wrap in waxed paper.

PARISIAN SWEETS

One pound stoned dates; ½ lb. dried apricots; 1 lb. seedless raisins; 1 lb. almonds (ground); 1 tablespoonful lime juice; 1 tablespoonful syrup.

The dried apricots should be pitted and soaked in boiling water for fifteen minutes. The dates should also be washed in boiling water before the stones are removed. Grind the raisins, dates, and apricots through a medium-knifed food chopper twice. Have the nuts ground to a paste on the curry stone, taking care that the stone is well cleaned beforehand. Mix all the ingredients together and form into shape. Roll in confectioner's sugar if desired. Let stand two days before serving.

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COCONUT TEA CAKES

One cup shredded coconut; 1 cup sugar; pinch of salt; 1 egg white beaten stiff.

After shredding the coconut, dry it in

the oven until almost dry. Mix it with the sugar, salt and egg white. Form into balls the size of a walnut. Place on buttered baking sheet and bake in moderate oven ten or fifteen minutes or until golden brown.

HEALTH CARAMELS

Take dried figs, raisins, and dates in equal parts. Prepare these for grinding in a food chopper by washing, scalding, stoning, etc. Grind together twice. Mix the whole with a cupful of your favourite nuts ground fine. Sweeten with a little syrup if more sweetening is desired; press into a shallow dish. Let stand overnight, cut into shapes and serve.

LIME SHERBET

One cup sugar; 1 cup cream; $\frac{1}{4}$ teaspoonful salt; $\frac{1}{2}$ cup lime juice; 1 cup whipped cream.

Mix the lime juice, sugar and salt and stir until the sugar and salt are dissolved. Add the cream and mix. Pour

into refrigerator tray and partly freeze. Now add the whipped cream and mix well by folding it in. Replace in refrigerator and complete freezing. Serve with walnut wafers.

WALNUT WAFERS

Half a cup of butter; 1 cup sugar; 2 eggs; 2 squares melted chocolate; 1 cup chopped walnuts; two-thirds of a cup of flour; $\frac{1}{4}$ teaspoonful salt; a few drops of your favourite flavouring essence.

Cream butter and sugar and then add the eggs. Beat well and add the melted chocolate, salt, and essence. Add flour and nuts. Drop by teaspoonfuls on a buttered baking sheet and bake in a moderate oven until a golden brown.



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DIET FOR OVERWEIGHT GIRL:
Ques.—"Please tell me the correct weight, height, etc., for a girl who has just finished her fourteenth year."

Ans.—At the age of fourteen the average height is about 55 inches and weight around seventy-eight pounds. As to waist measurement, this depends largely upon the pattern you inherited from your parents. In a perfectly healthy and normal girl, overweight is largely a matter of the kind and quantity of food one eats. Avoid foods cooked in, or with fats, grease, or oil, also sweets. The best foods are fresh fruits, vegetables steamed, pressure cooked, or baked without fats. Some whole cereal, milk, buttermilk and milk curds.

PURGATIVE FOR CHILDREN: Ques.—"I have given my two children milk of magnesia twice or three times a week as a purgative. They are now four and five years old respectively and do not like this medicine. Could you please tell me of something else they would like?"

Ans.—The practice of giving children a purgative medicine every so often is

not a sound practice, and is not to be encouraged. Rather one should strive to promote regularity in bowel evacuation. The normal for a healthy child is two or three movements daily. Purgatives of any kind tend to defeat this rhythm and produce a state of constipation or sluggish bowels. Children who have plenty of fresh fruit added to an otherwise well-balanced diet should have no need for purgatives. Regularity of habits in visiting the toilet after each meal is of infinitely more value than any artificially promoted evacuation. Malt extract syrup, or as a dry powder, is a good natural aid which can be added to the child's diet without harm. Avoid the use of sweets, candy, confection, and fried or grease-cooked foods.

OILY SKIN; VALUE OF MILK; INDIAN EXERCISES: Ques.—“(1) My face perspires freely and is very oily. Kindly give me the cause and remedy. (2) Although the value of milk is highly spoken of English people indulge more frequently in tea-drinking. Why? (3) Are Indian exercises with head down and legs upward in any way harmful?”

Ans.—(1) An oily skin is due to excessive secretion of the oil glands in the skin. With certain people and races this seems normal. However, this excess oil on the skin can be somewhat mitigated by the use of “Acidulate Soap” in place of regular soap. Also, one can use a lotion of 15 per cent aluminium chloride in water, applied once daily. Bathing in sea water, or using sea salt in the washing water sometimes helps. A bland dusting powder is also useful. (2) The reason some English people use less milk than has been indicated as best for health, is probably due to their flesh food practices. This provides the protein factor which non-meat eating people derive from about one quart of milk daily per person. (3) Man has been designed by his Creator with head up and legs down. All of his functions have been co-ordinated to operate accordingly. Why should anyone try to turn man upside down to take his exercises? This is unnatural and against nature's arrangement. I would prefer to take my exercises right side up.

TOOTH DECAY: Ques.—“How does one avoid tooth decay? In spite of all the care taken to brush their teeth daily, my children have black spots appearing on their teeth.”

Ans.—Decay of the teeth is frequently due to the free use of sugar and sweets. The teeth should be brushed very soon after each meal. Another cause is the lack of flourine in the drinking water. This may be corrected by taking tablets of flourine and calcium combined. One such tablet on the market is called Ce-DeOflor. It has vitamin C, vitamin D, and calcium fluoride in combination. One such tablet per day provides the need for preservation of the teeth.

FATTY TUMOUR: Ques.—“On my right leg, just above the ankle, there

**Gulab Jamuns
made with DALDA**

Prepare thin syrup from 1 lb. of sugar, add few drops of rose-water and keep aside warm. Into 1 tablespoon of maida (or arrowroot) rub in 1 teaspoon of Dalda. Grind $\frac{1}{2}$ lb. of khoa to fine powder, sift and mix well with maida by rubbing. Thoroughly knead mixture to a stiff dough, using very little water. Shape dough into small elongated balls. Heat Dalda and fry on very low fire. When gulab jamuns are light brown all over, drain, and soak in warm syrup.

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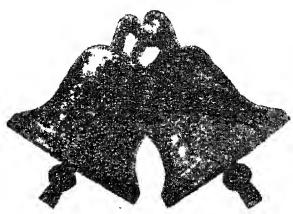
is something like a knot. No pain whatsoever. Could this cause trouble in later life?”

Ans.—This knot on the leg is probably a fatty tumour and harmless.

FUNGUS INFECTION: Ques.—“A friend of mine complains of a certain place above the ankle that itches. This place is about an inch in diameter and

water appears on the surface of it when it is scratched. He has had this for about a year. What should be done?”

Ans.—The irritable spot on the leg is probably a fungus infection. A laboratory examination would determine the nature of the infection and what application is necessary. If you are unable to arrange for such an examination then paint the patch with two per cent Gentian Violet solution made up with alcohol.



The Festal Days are here again Xmas New Year

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?

PAIN IN COCCYX: Ques.—“My sister has been having a severe ache at the end of her spine for the past six months. She cannot bend to sweep. Aside from this she has good health. What treatment should she have?”

Ans.—The pain you describe is possibly due to some injury to the coccyx or tail bone. Hot applications in the form of fomentations, or sitting in a shallow tub of hot water will help. Repeat such treatment once or twice daily until the inflammation of the part is relieved.

?

DEAF AND DUMB: Ques.—“My son aged nineteen is deaf and dumb. What can I do for him?”

Ans.—The only advice one can offer is that the boy might be placed in an institution specializing in the training of deaf and dumb children. The earlier such training is begun the better are the prospects for their development.

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ALBINO CHILD: Ques.—“I have an albino child and he is unable to stand the glare of the sun. Doctors have told me that nothing can be done to improve his condition and strengthen his eyes. Can you suggest anything?”

Ans.—Sorry, but so far nothing has been discovered to alter the albino condition. Wearing dark glasses will give the eyes relief from the pain caused by strong sunlight.

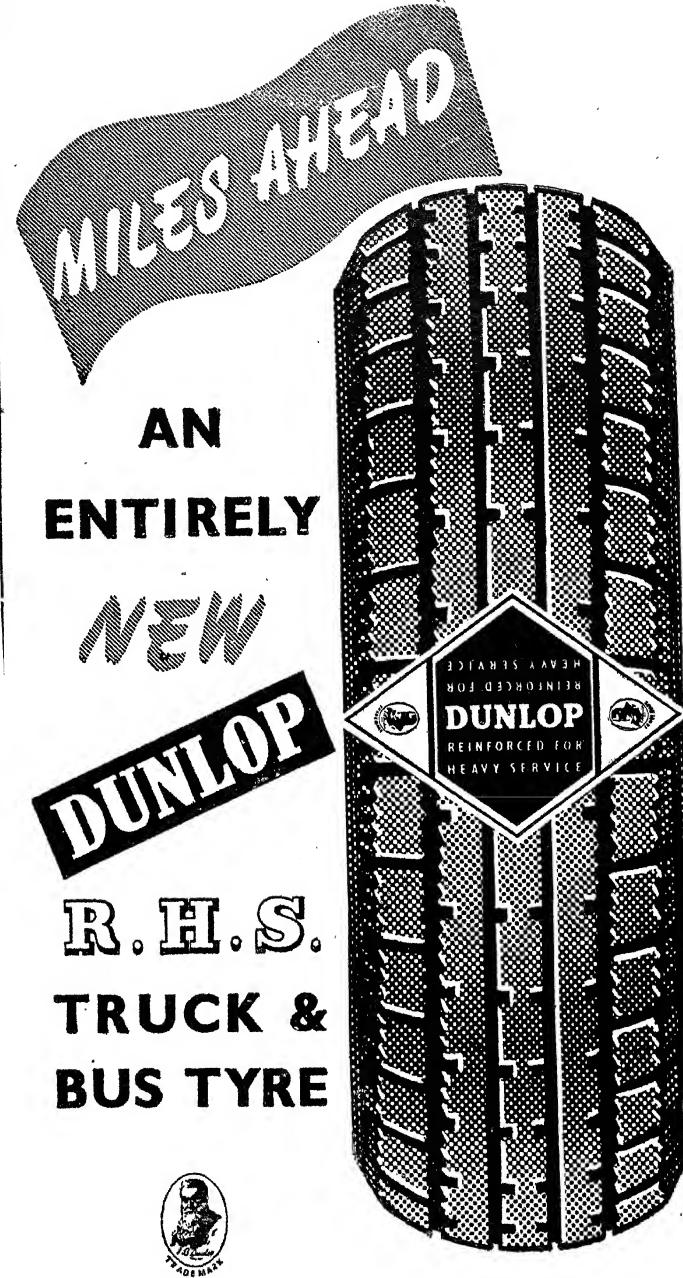
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PARALYSIS OF THE LEG: Ques.—“My husband's left leg is paralysed and has been so from the time he was two years old when he had fever and was left lying in the rain for a long time. From that time on the leg has grown thinner and thinner and the foot also has become malformed. Could you please suggest some treatment for him? He has been treated by many doctors so far but has received no benefit.”

Ans.—Since your husband has already been under treatment of specialists he probably has been given the treatments that would seem indicated. Getting wet from rain would not be sufficient cause in itself for the condition; there must have been some associated cause. The nature of, and benefit to be derived from treatment, very largely depends upon ascertaining more regarding the actual cause for the paralysis, and existing condition of nerves, muscles, and blood circulation of the involved structures. One mode of treatment which might be considered is the use of rhythmic constriction produced by an apparatus such as the Burdick R. C. 2 Rhythmic Constrictor. There are other machines that produce the same effect, if this one is not available.

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IMPAIRED WALKING: Ques.—“I am seventeen years of age. After sitting down or standing for a while I am unable to walk rapidly at first but after



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a few paces I can walk freely and can even run at a high speed. In the beginning the joints near the knee and foot fail to function as also is the case with the joints in the hands and fingers. Strangely enough these symptoms disappeared last year after I had an attack of malaria. Please suggest ”

Ans.—Judging from the fact that

after a rise of temperature following malaria, and after you begin exercising you find no difficulty in walking or running, it would appear that the temporary impairment of motion is due to circulatory stasis. You could improve this condition by daily hot applications to the joints, and massage. For instruction as to how to give hot applications

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is in no position to express an opinion as to the cause for this weakness, nor to suggest remedial measures. Your father could profit by a vitamin formula including A, B, C, D, E, F, G, niacin, and folic acid. Also, such nutritional minerals as calcium, phosphorus, iron, iodine, copper, and manganese. Sometimes the fault lies in not having sufficient complete protein. This especially applies to vegetarians who do not use sufficient milk and sweet milk curds. Exercise would need to be determined after the background cause for the weakness has been traced. I would place emphasis upon vitamins and proteins.

BASHFULNESS: Ques.—“I am a college student and secure good marks in every examination but when I am about to ask a question of one of my professors my heart begins to beat fast and my face becomes so red that I do not have the courage to speak. Please let me know the reasons for this and tell me what I should do to cure myself.”

Ans.—This is simply self-conscious bashfulness and the remedy is perseverance. Try and try again until you succeed in expressing yourself and obtaining answers to your questions. It is in this way that we learn and make advancement. There is nothing physically wrong. All you need is courage and determination. Success to you.

INFANTILE PARALYSIS: Ques.—“My son has a defect in his left leg due to an attack of infantile paralysis. We have given him injections of Vitamin B and also ostelin and it is much improved, but there is still some slight defect. Please give your advice as to what we can do for him.”

Ans.—Exercise, a good, nourishing, balanced diet, including plenty of milk, milk curds, whole cereal, fresh vegetables and fresh fruits. To these should be added a good well-balanced formula of the full complement of all the vitamins. Continue this over a period of several years. The result will be gradual to such a degree of recovery as remains possible.

PIMPLES: Ques.—“My brother has been suffering from pimples for three years. He is using medicated ointment, soap and powder, but they seem useless. Please let me know how he can cure this condition.”

Ans.—Pimples are due to poor skin condition resulting in local infection. The face is the most exposed part of the body and open to all sorts of dirt, dust, and infection. The skin of the face therefore needs more cleansing care than other more protected parts. A mild, non-irritating, non-alkaline soap is essential. After washing, foment the face with hot cloths, then apply a lotion of equal parts of grain spirits and witch hazel.

The diet is very essential and should consist of simple foods, milk, curds, whole grain vegetables and plenty of fruits. No food should be cooked or fried in fats or oils. Avoid sweets and sweet dishes. Regularity of bowel movements is very essential—if possible, three movements daily, one after each

meal. This is largely a habit which needs to be established by persistent practice, and the use of natural foods.

PILE: Ques.—“For some time I have been suffering from piles. Bleeding does not occur often but there is swelling at the edges of the anus which makes me very uncomfortable while it lasts. A doctor friend of mine tells me that there is not much need for an operation but he advises proper care in diet. What is the best diet for me and also what simple medicine should I use to improve this condition?”

Ans.—“Piles” is the name for enlarged blood vessels in the rectum. These enlarged vessels are the same as one may see in the legs of some persons and these are called varicose veins. There are external and internal piles. The latter are the more difficult to treat. If your problem is piles, and not some other form of rectal trouble, then the prime essential is to maintain soft stools so as to have regular and frequent movements. This may be done by the use of a mineral oil preparation daily. For the local irritation and to contract the enlarged vessels, cold cloths or an ice bag may be applied. Sometimes hot cloths give relief from local irritation. The parts should be washed thoroughly after each evacuation. For further relief, one may insert into the rectum a suppository containing, in a cocoa butter base, such soothing remedies as benzocaine, balsam of Peru, bismuth subgallate, ephedrine hydrochloride. Almost any one of the above are on the market and may be obtained from your chemist. The diet should be simple, without much coarse, fibrous material, no fried or grease-cooked foods, and no hot irritating spices. Milk and milk foods with some well-ground cereal, soft vegetables not cooked in fats or oils, and fruit.

UNDER-DEVELOPED: Ques.—“I am twenty-two years of age but my body

is not well-developed. I weigh only 96 lbs., and often I feel faint and fatigued with much pain in my neck and in the lower part of my back. Although I am having this trouble my parents are pressing me to get married. Please advise me what to do to get stronger and also whether you think it is proper for me to marry a girl now.”

Ans.—If there has been no wasting of vital energy through sexual perversion, and no transmitted physical debility, you should seek for the cause of your retarded development in some organic or functional disorder. Otherwise the cause may be found in dietary deficiency. Unless the diet is so balanced continually as to provide satisfactory protein in optimum quantity, together with all the essential vitamins and nutritional minerals, normal physical development is impossible. Sir Robert McCarrison in a summary on his studies of India's diets, makes the following observations: “A diet consisting of any staple grain with milk, milk products, and green leafy vegetables, contains not only the right kind and amount of protein but everything else the body needs for health, strength, and well-being.” “Food,” p. 21. This naturally presupposes taking about one quart of milk daily, besides milk curds. Also green leafy vegetables which have been conservatively cooked—not cooked in hot fats. Regarding fruits, Sir Robert says: “They are among the best of all food stuffs and should form a considerable part of our daily diet.” “Food,” p. 88. Adding a good multiple vitamin formula to your daily diet may be of decided help to you. It would seem best to correct your physical problems before assuming the added responsibilities of married life.

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HIVES: Ques.—“What is the cause of hives?”

Ans.—Hives is an allergic condition due to something you eat to which you are sensitive. This means that the particular food or foods are poisonous to you and should be avoided.

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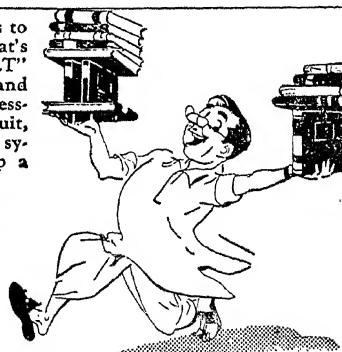
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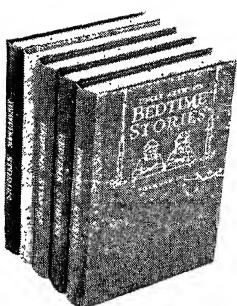
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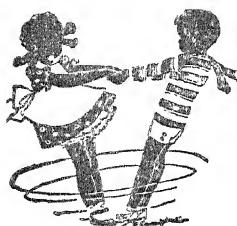
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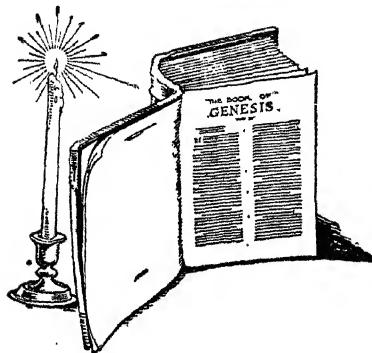


ORIENTAL WATCHMAN

DECEMBER

SUPPLEMENT

1949



OUR world is in confusion. Our greatest need is light. But where is that light? Conventions, councils, committees, legislatures meet and adjourn without lessening the alarm that is felt on every hand. What does the future hold for man?

One thing is certain: There is only One who knows the end from the beginning. God alone can give us the answers to our questions. He who sits above the circle of the earth and observes our tangled existence knows the one way out. He has not left us without aid. He has given us counsel for the present and light for the days to come. We need not feel helpless and undone. Turn to the Holy Scriptures and you will find all you need to know to restore your confidence and answer your troubled thoughts.

Yes, there is an unfailing light for those who travel life's road. God's Word is a fountain of light. "For with Thee is the fountain of life," writes the psalmist. "In Thy light shall we see light." Psalm 36:9. Again we read: "The entrance of Thy words giveth light; it giveth understanding unto the simple." Psalm 119:130. (See also verse 105.) The wise man echoes the same thought: "For the commandment is a lamp; and the law is light; and reproofs of instruction are the way of life." Proverbs 6:23.

Concerning prophecy, which forms a large portion of the Scriptures, the apostle Peter says: "We have also a more sure word of prophecy; whereunto ye do well that ye take heed, as unto a light that shineth in a dark place, until the day dawn, and the day-star arise in your hearts." 2 Peter 1:19.

Here then is light for every occasion and every need! Why do we not take up this lamp of life and let its rays shine upon our pathway?

Do you question the meaning of life? If you do, you are like millions of others who have lost the purpose of human existence. Without direction, men and women are like a ship without a rudder. To such, life becomes boring. They are tempted to seek questionable thrills that kill the soul. The pessimistic attitude leads to the pursuit of pleasure as an end. "Let us eat, drink, and be merry, for tomorrow we die." is the cry of those who have not learned the true meaning of life.

The Bible is an infallible Guide-book, for God is its Author. This is what it says concerning itself: "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: that the man of God may be perfect, throughly furnished unto all good

works." 2 Timothy 3:16, 17. How this inspiration was brought about is revealed in 2 Peter 1:21. "The prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost."

Thus we read again and again throughout the Bible such statements as these: "The Lord spake," "The word of the Lord came," "Thus saith the Lord." David declared of himself: "The Spirit of the Lord spake by me, and His word was in my tongue." 2 Samuel 23:2. John says of the last book in the Bible: "The Revelation of Jesus Christ, which God gave unto Him; . . . and He sent and signified it by His angel unto His servant John." Revelation 1:1.

There is much proof that the Bible is all it claims to be. This has become more and more evident as one generation has succeeded another. It contains a record of the most ancient facts of earthly history. No author would have dared to write with such

LIGHT for EVERY NEED



What the Bible May Mean to You

FREDERICK LEE

definiteness and detail, naming places, princes, and kings, unless he was sure that the facts were true. The evidences of the Bible's authenticity are multiplying with the years. The detailed prophecies of this Book concerning the rise and fall of nations and cities—such as Babylon, Nineveh, Tyre, and Egypt—have met accurate fulfilment. The Old Testament contains more than three hundred predictions concerning the Messiah which were fulfilled in the person of Jesus.

The Bible was written before the age of science; yet not one of its statements has been proved unsound by modern scientists. Though scientific knowledge has greatly increased in the last hundred years, it has in no way undermined the scientific truths which the Bible anticipated.

No book of mere human devising would have such lasting qualities. Though some of its writings may be traced back into dim antiquity—even its latest ones are nearly two thousand years old—the Bible is the most widely read book in these modern

times. It has stood like Gibraltar, unshaken by the waves and winds of time. The great of earth have denounced it and prophesied its complete annihilation. Death has been pronounced upon those who should dare to read it. It has been burned, torn asunder, banned. It has been wounded in the house of its supposed friends, as modernist clergymen have riddled it with criticism. Still it goes forth conquering and to conquer in the name of Christ.

The Bible is a miracle book, for it has performed miracles in the lives of men and nations. It has turned savages into saints; it has lifted corrupt and carnal men into the way of righteousness; it has given hope to the disheartened. It brings joy to the home, brotherly love to the community, and inspires men to work for peace between nations.

The message of this Book speaks to the heart of man. It offers salvation to all. It reveals the way out of the pit of sin. It knows what is in the mind of man and speaks to his needs. When men read its pages they

say: "This was written for me." The Bible is the most understanding Book ever given to man.

The unity of the Bible testifies to its divine authorship. Although it was written by some forty different men over a period of sixteen hundred years, the message is the same throughout. Such unanimity of thought and purpose as is manifested in this Book could never have been brought about unless there had been some directing mind.

The Bible has been a light to men for many ages. It is still a light on life's problems. It gives counsel on conduct for every circumstance. Not only does it point the way to a future life, it shows us how we should walk on earth.

If men would heed the teachings of this Holy Word, war would cease, strife would be no more, pride and greed would be banished from the earth, love would reign supreme, and this present evil world would be turned into a paradise. It reveals the antidote to sin and points to the balm that will heal the wounds of life. The mystery of its power is found in its revelation of Jesus Christ, the divine Saviour of men.

Salvation from sin through the life, death, resurrection, and ministry of Christ is its central theme. Old and New Testament writers united in praise to the Redeemer as they looked forward to the time when Christ shall reign as King of kings and Lord of lords. How to get ready for that glorious event is the heart of all its teaching.

The psalmist declares: "The testimony of the Lord is sure, making wise the simple. The statutes of the Lord are right, rejoicing the heart. . . . More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb. Moreover by them is Thy servant warned: and in keeping of them there is great reward." Psalm 19:7-11.

Paul said: "Now, brethren, I commend you to God, and to the word of His grace, which is able to build you up, and to give you an inheritance among all them which are sanctified." Acts 20:32.

History has written in shining letters on the Bible: "This is mankind's Book from heaven." It contains God's answers to our problems. "Heaven and earth shall pass away," said Jesus, "but My words shall not pass away." Luke 21:33.



The hall of the famous British and Foreign Bible Society.

Make this Holy Book the guide of your life and the source of your counsel. Search its pages as for lost treasure, and you will find therein priceless pearls of truth. Make it your rule of faith, and it will direct you safely through the maze of difficulties

that now are arising in the world. The Bible has a special message from God for you today. From its pages you will hear a voice speaking to your heart saying: "This is the way, walk ye in it."

ing in authoritative language exactly what plans have been made for the complete devastation of the main cities of Russia, should hostilities be commenced by that nation. Written with the express purpose of bringing "courage" to the American people, it goes into details of military projects which are positively shocking. One can almost see the cities toppling as atomic bombs burst upon them, with multitudes dying from the effect of their deadly rays. That American cities might simultaneously experience similar destruction is, of course, minimized, though admitted as a distinct possibility.

History is repeating itself. Most of the factors which usually precede an outbreak of war are reappearing. We have the mutually exclusive ideologies; the divergent ways of thinking and living; the growing hatred and bitterness; the criticism and name-calling; the propaganda of vested interests; and of course, the armaments. The only difference is that the armaments are now a thousand times more deadly than any used before.

Much as one hates to admit it, it seems obvious that we are living at this moment in a brief, troubled interim between two world wars—the second and the third; and that the third, like the third woe of Revelation 11:14, "cometh quickly."

If ever there was a time when men and women should awake from lethargy and pleasure-seeking and feel the solemnity of the world situation, that time is now. If ever they should arouse from their "dream world" of ease, absent-mindedness, and irresponsibility, that time is now. As Field Marshal Smuts said: "That is the call of 1949 to us all."

We are reminded of the challenging call of the prophet Joel: "Blow ye the trumpet in Zion, and sound an alarm in My holy mountain: let all the inhabitants of the land tremble: for the day of the Lord cometh, for it is nigh at hand; a day of darkness and of gloominess, a day of clouds and of thick darkness." "The day of the Lord is great and very terrible: and who can abide it?" Joel 2:1, 2, 11.

To this rousing message he added this stirring appeal, so appropriate to the present hour: "Therefore also now, saith the Lord, turn ye even to Me with all your heart; and with fasting, and with weeping, and with mourning: and rend your heart, and not your garments, and turn unto

WORLD AWAKE!

A. S. MAXWELL

AT THE close of 1948 Field Marshal Jan Christian Smuts, that great international statesman, now in his eightieth year, issued this solemn warning to the people of the world:

"The forces of disintegration and evil are marshalling for another trial of strength, which may not mean war but something even more disastrous for our civilized values and for the human future. Here as well as abroad we should read the signs of the times aright and shake off this malaise of the spirit which has overcome us.... World, awake from your slumbers and your dream-world of ease, absent-mindedness, and irresponsibility! That is the call of 1949 to us all."

In similar vein Stephen King-Hall, one of the ablest modern commentators on world events, wrote on December 2, 1948:

"There is a great fear abroad in the world, and though it may be comparable in kind to the fear that seemed to have filled the minds of thoughtful men as the Roman Empire began to subside into its foundations, the fear today is more widespread and more urgent, and rightly so.... Our civilization today is like a conveyance which is rushing ahead into the future at an ever-increasing speed, carrying in its disintegrating framework, a little two-legged creature, rather white-faced as he pulls levers right, left, and centre, hoping that he may be lucky enough to find the brakes, or at any rate to stop the acceleration before... the whole outfit falls apart in glowing fragments."

Concerning those who are at the controls of this "conveyance," he said:

"They do not know where they are going; they cannot find the brakes, and they are beginning to desire to

find God on earth. So men look to the churches, to U. N., even to U. N. E. S. C. O., to Stalin, to Tito, to something and to somebody from whose existence, and perhaps even from whose activities, they can derive comfort and hope."

Like Field Marshal Smuts, he, too, appealed to men and women to awake to a realization of the solemnity of the hour and the terrible dangers now threatening humanity.

That these dangers are very real, and very imminent, becomes more evident day by day. In the Far East world-shaking events are taking place with startling rapidity. China, with a quarter of the world's population, is changing not only its form of government, but its whole outlook toward the outside world, and particularly to the nations of the West.

In the Near East tension grows hourly. The new state of Israel, forgetful of its youth and inexperience, struts upon the world stage as though it were a world power, oblivious of the intense antagonisms its conduct is arousing.

In Europe the whole continent senses the widening gulf between East and West, from the Baltic to the Mediterranean. Increasing restrictions on travel, decreasing trade and communication through the "iron curtain," growing antipathy between the Roman Catholic and communist hierarchies, and above all the frantic efforts of both sides to, accumulate the latest and most destructive weapons, reveal the growing peril to world peace.

One remarkable aspect of this rapidly deteriorating situation is the frightening frankness with which the possibility of war is being discussed in the public press. Most of our leaders have no doubt read the article in the January Reader's Digest, describ-

the Lord your God: for He is gracious and merciful, slow to anger, and of great kindness." Verses 12, 13.

As the darkness of earth's midnight hour deepens around us, may we each one heed this call, shake off our "malaise of the spirit," and turn again to God with all our hearts.

As the Apostle Paul said: "Now it is *high time to awake* out of sleep: for now is our salvation nearer than when we believed. The night is far spent, the day is at hand: let us therefore cast off the works of darkness."

Thank God that the darkness is to

be followed by the dawn; the "time of trouble, such as never was" is to give way to a time of happiness such as men have never known; the worst of wars will be succeeded by everlasting peace; the end of the world will see the beginning of the kingdom of God.

When Jesus listed the signs of His coming on the earth," He added, hearts failing them for fear, and for looking after those things which are coming on the earth." He added. "When these things begin to come to pass, then look up, and lift up

your heads: for your redemption draweth nigh." Luke 21:26, 28.

Not long ago the Archbishop of York declared: "With the discovery of the atomic bomb, we live more nearly in the spiritual atmosphere of the first Christians, who expected at any time the end of the world."

May that be the experience of us all in these closing years of history. Let us awake from spiritual lethargy, cast off the works of darkness, and live as though we expected at any time not only the end of the world, but the coming of our Lord and Saviour Jesus Christ.

The "New Look"

W. A. FAGAL

CONVERSION is a mighty revitalizing power. "If any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new." 2 Corinthians 5:17.

Conversion does not change the external things about us. We still live in the same world and associate with people and live under many of the same conditions. Conversion gives us a new view on life.

Have you ever considered the importance of attitude and opinion in life? We frequently hear it said: "It's all in how you look at it." Several individuals can look at the same things and yet see something different; it depends upon their attitudes and opinions. One man deplores the fact that roses have thorns and the other rejoices that the thorny stem is capped with roses. The difference is not in the roses; it is obviously in the way of looking at things. Do you have the Christian's "new look"?

An Indian legend tells of a father who sent his three sons to a distant mountain with instructions to climb to the heights and bring back some memento of the adventure. One came back with a rare flower he had picked far up the mountain slope. The second returned with a curious piece of rock which he had found above the line of vegetation. The third came back and said that he had climbed to the top and had seen the sea. While his brothers' eyes were

on the ground, his were on the horizon.

External events are not as important as we think they are. Jesus taught: "A man's life consisteth not in the abundance of the things which he posseseth." The world is filled with individuals who think that if only they had more money, a finer home, a better car, then life would be wonderful and beautiful. The externals about us only provide the spark that sets off an explosion within us. It is what is inside to explode that counts.

Some time ago a survey on happiness was conducted by the *Ladies' Home Journal*. The man who made the survey stated that *happy* people are *religious* people! He said that

the happiest people found were those who found comfort and help in religious faith. He stated that eighty-six per cent. or nearly nine out of ten, of the happiest people attributed much of the consolation and help they receive to their religion.

These religious people who are happy meet the same external circumstances of life that everyone else meets. They face the same obstacles that everyone else faces; yet in spite of all this they are happy. The difference is not in their environment; it must be in their hearts.

Paul said: "We are troubled on every side, yet not distressed; we are perplexed, but not in despair; persecuted, but not forsaken; cast down, but not destroyed." "Though our outward man perish, yet the inward man is renewed day by day.... We look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal." 2 Corinthians 4:8, 9, 16-18.

A Christian has troubles, but the promises of God give him a changed attitude, and he is not distressed. He has perplexities, but he does not sink in despair. He is cast down, but knows that he cannot be destroyed. His eyes are fastened not so much upon the things that are seen as upon the things that cannot be seen. Yes, if any man be in Christ, he is a new creature. He has the new look and the glorious hope that endures.



